

Mountaineer

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INSIDE

Connelly



Soldiers with the 1st Bn., 12th Infantry compete for 'best field mess' in Army title.

See Page 13

Family day



Family members get a closer look at the Army during 3rd Bn., 29th FA's 'Jane Wayne Day.'

See Pages 16 and 17

Happenings



This is a special time to visit the Broadmoor Hotel, which is decorated for the holidays.

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The Dec. 15 issue of the *Mountaineer* is the last issue for 2000. The next edition will be Jan. 5, 2001. Happy holidays.

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Photo by Sgt. 1st Class James A. Yocum

'Tis the season ...

Alyssa Belkofer, 5, sits on Santa's lap after the Fort Carson tree lighting ceremony Dec. 1. Approximately 300 people were able to watch the tree lighting, visit with Santa and enjoy refreshments provided during a party at the Post Headquarters building lobby following the tree lighting. "Mrs. Claus" is at right.

Shinseki approves universal beret flash

by Wayne V. Hall
 Belvoir Eagle

FORT BELVOIR, Va.— On June 14, when all soldiers active duty and reserve don the new Army-standard black beret, it will be accompanied by a distinctive universal flash, developed for the Army Chief of Staff by Fort Belvoir's Institute of Heraldry.

Since Gen. Erik K. Shinseki announced Oct. 17 that the Army will begin wearing the black beret on the next Army birthday, there has been some discussion as to whether soldiers will wear a universal flash or distinctive unit flashes.

That discussion ended Thursday when Shinseki unveiled the new universal flash. The new flash has a bluebird background with 13 white stars superimposed inside its outer border.

"The flash is designed to closely replicate the colors (flag) of the commander in chief of the Continental Army at the time of its victory at Yorktown," said

Pam Reece, an industrial specialist in textiles with the Army's Institute of Heraldry.

"It's the CSA's choice and takes the Army back to its very beginning," said Reece, who has been with the Institute of Heraldry for 13 years.

"The 13 stars are symbolic of the original 13 colonies," Reece said. "I think it's really neat that they went back and took the colors of the Continental Army. If you want to go back and put some pride (back into the Army) you can't go back any further than that."

"It is time for the entire Army to accept the challenge of excellence that has so long been a hallmark of our special operations and airborne units," Shinseki said. Adopting the berets will be "another step toward achieving the capabilities of the objective force of Army transformation," he said.

Initially, Reece and other institute staff members created four beret flash designs from which Shinseki made his selec-

tion.

The other recommendations included a flash with a black background and yellow border, colors which represent the Army's colors; one with a green background and yellow border, also colors associated with the Army and the third design was much the same as the one selected, however with a darker old glory blue background.

The design process for the flash was more rapid than normal, said Reece, who is responsible for working with all Army cloth items, such as insignia, flags and ribbons.

"The first meeting was with the Sergeant Major of the Army (Sgt. Maj. of the Army Jack L. Tilley) Oct. 26," Reece said. "We completed development on Nov. 23, in less than 30 days."

"The thing that was most amazing was a one-day turnaround on the creation of prototypes, which were presented to the SMA Oct. 27," she said.

On Nov. 3, Army officials were confident on their design

choice, however they still needed to come to a decision on the final color, Reece said.

"On Nov. 7 I was told that the CSA and SMA wanted to see examples of the flash done in old glory blue, ultra-marine blue (the color of blue currently used in many airborne flashes) and blue bird," said Reece. "I then asked our manufacturer Rainbow Embroidery of North Plainfield, N.J. to develop these prototypes which were delivered to the SMA on Nov. 9.

"This was amazing," she said. "Development of a flash normally takes three months. Rainbow did this development in three days.

"Great credit for increasing the speed of this process goes to Richard Rapoza, our artist who turned the design into something manufacturable," Reece added.

"I'm proud to have had my hand in it, working with the design and turning (Shinseki's) ideas into a product," said

See Flash, Page 4

Commander's Corner

Mountain Post Team exceeds CFC goal



Soriano

“The Mountain Post Team has been more than generous this year.”

Last week, I thanked those who volunteered their time to serve meals for the disadvantaged at Thanksgiving. This week, I would like to recognize

those of you who have so generously shared with the Combined Federal Campaign. This afternoon, I will recognize those organizations that have met or exceeded their goals for this year's campaign.

As you know, CFC dollars go to help charitable and nonprofit organizations, both nationally and locally. Many of our soldiers, civilians and family members directly benefit from those organizations supported by the CFC. Without your contributions to the CFC, many of these organizations would have to spend precious dollars on their own fund-raising campaigns or would have to fold completely. The Mountain Post Team has been more than generous this year.

The Mountain Post Team's goal was \$425,000. We not only met that goal, but exceeded it with

\$481,009 in total pledges. This even exceeded last year's record of \$479,000.

I wish I could thank each and every one of the many donors personally. Your contribution, even if it is one dollar a week, makes a difference in our community, both on and off post. The amount of the pledge is not as important as making the pledge to help others.

Again, thank you all for your generosity and commitment to making Fort Carson and Colorado Springs a better place for us all.

Mission first ... people always ... one team. Bayonet!

Major Gen. Edward Soriano
Commanding General
7th Infantry Division and Fort Carson

The following Fort Carson units are recognized for their contributions to the Combined Federal Campaign:

MAJOR SUBORDINATE COMMAND
RECOGNITION PLAQUES:

U.S. Army Garrison — 181% of their goal
43rd Area Support Group — 127% of their goal
3rd Brigade Combat Team —120% of their goal

GOLD AWARD:

148th Military Police Company
4th Personnel Services Battalion
Army Community Service
Army Recreation Machine Program
Army Space Command
Fort Carson Chaplain's Office
Fort Carson Quality and Reinvention Team
Fort Carson Safety Office
G3/DPTM
Headquarters/Headquarters Company,
43rd Area Support Group
Headquarters/Headquarters Company,
U.S. Army Garrison
Inspector General
Office of the Garrison Commander

Office of the Staff Judge Advocate
Rocky Mountain District Veterinary Command
TRICARE Central Region

Silver Award:

1st Battalion, 12th Infantry
2nd Brigade, 91st Division
52nd Engineer Battalion
59th Quartermaster Company
764th Ordnance
B/9th Cavalry
Directorate of Information Management
Fort Carson Public Affairs Office
Headquarters/Headquarters Company,
10th Special Forces Group
Headquarters/Headquarters Detachment,
68th Corps Support Battalion

BRONZE AWARD:

13th Air Support Operations Squadron
2nd Squadron, 3rd Armored Cavalry Regiment
32nd Transportation Company
4th Engineer Battalion

59th Military Police Company
759th Military Police Battalion
C Company, 1st Battalion, 44th Air
Defense Artillery
Directorate of Community Activities
Directorate of Contracting
Directorate of Logistics
Directorate of Public Works
Directorate of Resource Management
Headquarters/Headquarters Company,
3rd Brigade Combat Team
K/158 Aviation
Regimental Headquarters/Headquarters Troop,
3rd Armored Cavalry Regiment

Awards are based on per capita gift figures using both average gift and amount of participation: Gold goes to units who achieve 125% benchmark (\$54.09); Silver for 100% benchmark (\$43.28); and Bronze for 75% benchmark (\$32.45).

Letter to the Editor

Dear editor,

I recently had an accident (when) exiting the gate that leads in to the Fort Carson Hospital and Golf Course off Highway 115.

Apparently I blacked out and when I came to my senses I was in a small grove of trees just across the highway. I had gone through two fences and into the trees. The air bags had inflated and I was dazed and confused.

Two soldiers, I believe them to be NCOs (one had five stripes, what we used to call a Tech Sgt.). He

was helping me in the car and the other one was on a cell phone, apparently calling for help, as the ambulance and emergency personnel arrived shortly thereafter.

While the emergency personnel were strapping me to a neck brace and board, I lost track of the two soldiers and I did not have the chance to offer my most heartfelt gratitude and thanks.

I would appreciate a notice in the *Mountaineer* as to the incident and perhaps the NCOs will read it and call me so that I can thank them.

The accident was on Wednesday, Nov. 22 about 12:15 p.m. I was driving a '95 Buick LeSabre, a silver tan or light tan color. I have white hair and moustache.

Thank you for any assistance you can give me,
Gene B. Trujillo,

Editor's note: If you are one of the soldiers who assisted at this accident or know them, please contact the *Mountaineer* staff at 526-1250 for Mr. Trujillo's phone number.

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request.

Anonymous letters will not be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published. Because of legal restrictions, both in federal regulations and

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Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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News

Post program upgrades barracks

Office of the Commanding General

The Barracks Upgrade Program has been and will continue to be a driving force in our plan to better the single soldiers' quality of life. This program will benefit all single soldiers at Fort Carson.

Future plans include a new complex for the 3rd Brigade Combat Team and in later years another complex for the 43rd Area Support Group.

Almost \$50 million has been spent on the renovation of 21 Benham Blair barracks buildings (yellow brick barracks) and an additional \$13.5 million will be required to finalize the revitalization.

Units will be inconvenienced for the short-term to achieve the long-term goal of providing quality living conditions for the single soldier. Renovations of the Benham Blair barracks will continue through fiscal 2002.

When completed, 12 to 24 spaces per building will be lost depending on the size of the building. The end result will be that 408 soldiers will not return to a renovated barracks but will remain in a backfill billet. Seven

buildings will be under renovation at one time, generating an additional requirement of 658 spaces for backfill billet space.

Geographical bachelors are a priority "IV" and are not authorized billed space in accordance with Army Regulation 210-50, Table 3-4 since they receive a basic allowance for housing and elect not to bring their dependents to Fort Carson.

The post has reached the point where excess billet space is no longer available. Eventually, the need for vacant billet space will necessitate billeting at the brigade, group or regimental level instead of battalion or a squadron level.

Subsequently, geographical bachelors will have to vacate barracks by Jan. 1, to make room for the bona fide bachelors.

Those soldiers affected are recommended to contact the Community Homefinding Relocation and Referral Services office in building 7301 on Woodfill Road to find affordable off-post housing.

For more information, call the Directorate of Public Works' Housing and Billeting Office at 526-4832, ext. 1116.



Photo by Sgt. 1st Class James A. Yocum

In shaa allah ...

Soldiers from the 14th Public Affairs Detachment load their baggage onto carts at the Colorado Springs Airport Wednesday before they boarded an airplane taking them to Camp Doha, Kuwait. While there, these public affairs soldiers will provide the troops deployed to the region with a weekly newspaper as well as a television news broadcast covering local training events.

Flash

From Page 1

Rapoza who has been an illustrator with the Institute of Heraldry for eight years.

During the next large-group meeting, Nov. 17, the flashes were shown to all the parties involved in this project.

“At that time, everybody was about 98 percent sure of the final flash,” Reece said. “The Old Guard’s replica colors were brought in to ensure that we in-fact had the right color. And on Nov. 20 I got the answer it would be bluebird.”

Each new flash is a semi-circular shield measur-ing 1 7/8 inches wide by 2 1/4 inch high, and will consist of 4,001 stitches and two colors.

All soldiers will initially wear the universal flash, except for those in units that already have berets, such as Ranger, Airborne and Special Forces. These troops will continue to wear the beret flashes they currently have.

The new flash, worn on the left front of the beret. Officers will wear their rank in the center of the shield, and enlisted soldiers will wear their distinctive unit insignia in the center of the shield.

Black berets, which will initially be issued to sol-diers, will be shipped with the universal flash already sewn on, Reece said.

Additionally, the universal flash will eventually be replaced by unit-specific flashes.

The universal flash is to be worn for a period of

one year, Reece said. During that year, the Institute of Heraldry will be working with representatives of the Army’s 16 major commands to design and develop distinc-tive flashes.

“Just how far below MACOM level distinctive unit flashes will be created has not yet been decided,” said Reece.

For now, the Institute of Heraldry’s part in flash development is finished.

“We’ve given 160 of the new flashes to the sergeant major of the Army, and the cartoon (a manu-faturing-specifications diagram) has gone out to manufacturers from the Defense Supply Center, Philadelphia, which is responsible for procurement of the berets,” Reece said. “Initially some 4 to 5 million berets are to be procured.”

***Editor’s note:** Joe Burlas of the Army News Service contributed to this report.*

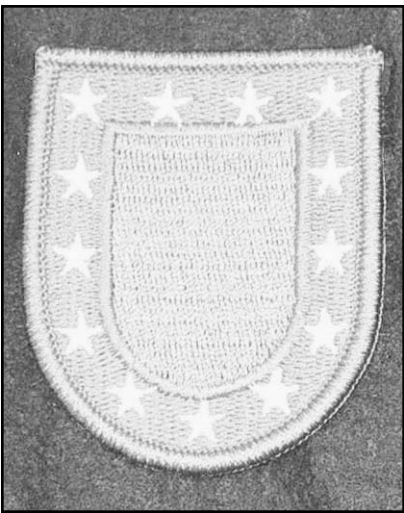


Photo by Wayne V. Hall

The final design of the uni-versal flash to be worn on the beret is shown above.

Memorial fund established in memory of family member

Fort Carson Public Affairs Office

Genoveva Natasha Aldama, 12-year old daughter of 1st Sgt. Guadalupe Aldama, of Headquarters, Headquarters Company, 1st Battalion, 12th Infantry was struck last week by a hit and run driver in front of the off-post school she attended. She later died of her injuries. A memorial service was held Wednesday at Soldiers’ Memorial Chapel.

A memorial fund in her honor has been set up. Those wishing may contribute may do so:

**The Genoveva Natasha Aldama
Memorial Fund
Armed Forces Bank Acct. 3311449
P.O. Box 13007
Fort Carson CO 80913-0007**

Community

3D Campaign highlights drunk, drugged driving

Alcohol and Drug Control Office
This year's National Drunk and Drugged Driving program runs from Dec. 1 to Jan 2.

The purpose of the campaign is to reduce tragedies resulting from alcohol-related crashes, injuries and fatalities. Military units, communities, law enforcement agencies and civil groups are strongly encouraged to get the word out about the dangers of impaired driving.

Since 1982, Army installations have supported 3D Prevention Month activities as part of the annual nationwide public information campaign against impaired driving during the holiday season. The theme for this year's campaign is "Take a stand against impaired driving" and the national focus is on the Young Adult Drinking Driver, particularly males ages 21 to 34.

Members of this population are significantly over-represented in all categories of driving while intoxicated crash statistics, including fatalities.

Each year, nearly 16,000 people are

killed; more than 305,000 are injured and 1.5 million people are arrested because of drunk and drugged driving.

The goals of the program are: zero alcohol or drug related accidents; a reduction in DWAI and DUI; alcohol-related incidents (fights, domestic violence, drunk on duty, etc.) or fatalities.

The Alcohol and Drug Control Office along with the: Provost Marshal's Office, Staff Judge Advocate, Colorado Springs Police Department, Mothers Against Drunk Driving and the Safety Office will be conducting a two-day training class offered to all military and civilian employees.

The classes will be held at McMahon Theater Tuesday and Wednesday from 9 to 11:30 a.m. and 1 to 3:30 p.m.

The ADCO and PMO will conduct Driving Under the Influence Simulator training in the post exchange parking lot Dec. 15 from 9 a.m. to 3 p.m., which is intended to alert soldiers to the dangers of drinking and driving.

Below are some myths and alterna-

tives to drinking and driving:

Myths

- "I don't have far to go."
- "I don't feel any effects."
- "I'm more alert after a few drinks."
- "Coffee will sober me up."
- "I just need some fresh air."
- "I'll drive slowly and carefully."
- "I've only been drinking beer."

The realities are:

- Drinking dulls your senses.
- Only time will sober you up.
- Alcohol and drugs impair your coordination.
- Beer will get you just as intoxicated as hard liquor.

Alternatives

- Don't make drinking the main focus.
- Provide food when alcohol is served.
- Don't push drinks.
- Know that drunkenness is neither healthy, safe or amusing.
- Assume responsibility for your guests.

- Insure designated drivers don't drink.
- When guests arrive, take their keys.
- Always serve food.
- Do not force drinks on guests.
- Stop serving two hours before the party is over.
- For alcohol punch, use non-carbonated fruit juice.
- Serve nonalcoholic drinks.

Backing up the 3D Campaign's training and education programs are tougher steps. These steps include DUI check points on and off the installation, ID card checks at all facilities which sell alcoholic beverages and coordination between unit commanders and the ADCO, utilizing Breathalyzers and urinalysis test as prevention tools.

Problem drinkers are subject to loss in rank, pay, driving privileges, employment and receive a general letter of reprimand, jail time, community service and experience embarrassment.

For more information, call Russell Jordan at 526-2181.

Married Army Couples Program promotes stability

by Michele Hammonds
Army News Service

WASHINGTON — Some dual-military spouses endure long separations throughout the year because of work assignment, but not if the Married Army Couples Program has anything to do with it.

The program aims to keep dual-military families together when possible, according to Donny Dennis, military personnel specialist, of the Officer Distribution Management and Mobilization Branch, who handles the officer MACP program. He said the program is designed to provide a way service couples are considered for assignment together to establish a

joint household while fulfilling the mission of the Army.

To date there are 5,071 officers who are currently enrolled in the program. About 80 percent (4,100) are officers serving in Army-approved joint-domicile assignments. Approximately, "one third move yearly," said Dennis.

There are 21,922 enlisted soldiers enrolled in the program. Of that number, 17,377 enlisted troops are serving in joint-domicile assignments.

Sergeant 1st Class Tim and Staff Sgt. Lee Donahue know firsthand the benefits of the program. That is why the Donahues, who married in 1994

while stationed in Germany, chose to enroll in the program.

"It's a great program," Lee said. "We are grateful the program has allowed us to be together."

However, Lee said, she doesn't take the good fortune she and her husband have found for granted.

"When you marry another military member with the same MOS (military occupational specialty) you have to be realistic and cognizant that it will be difficult if you are the same rank," said Lee who expects to be promoted sometime next year. "It's hard

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Couples

From Page 5

because we can’t be in each other’s rating chain, meaning we can’t work for each other or rate each other.”

The couple, Army broadcasters by trade, has managed to be stationed together except for a short time in Korea when Tim took another job offer in Camp Casey, Korea — 45 miles away while Lee stayed in Seoul, Korea, 18 out of the 24 months the couple was there.

“It was a great job and we made the decision that he would live up there,” Lee said. “We saw each other on holidays and weekends.”

Now the couple is stationed at Fort Meade, Md. Lee works for the Army Public Affairs Center and Tim works at the Defense Information School. Normally the Donahues are accustomed to working straight through the holiday season, providing Christmas radio programming for the troops. But with the expected arrival of their child due next month, they plan to enjoy being together.

“This Christmas we are having the baby and we will be off work,” Lee said.

Like the Donahues, Chief Warrant Officer Aundrey and Staff Sgt. Sherrilynne Cherry also enrolled in the program after they met in Germany and married in 1991.

“Right before we got married our commander counseled us about the program,” said Sherrilynne, whose husband was enlisted at the time.

After the Cherrys enrolled in the MACP, Sherrilynne’s assignment orders for Fort Lewis were deleted and she rejoined her husband at Fort Carson a couple months later.

“The program works to keep dual military together,” Sherrilynne said. “We have moved three times together.”

The Cherrys, now stationed at Fort Bragg, N.C., said they don’t want to be separated because they have two daughters, Jasmine, 5, and Jada, 2, who is enrolled in the Exceptional Family Member Program.

“Our branch managers worked together to make sure we received good assignments at the same place,” said Sherrilynne, who is a military journalist and her husband is in the artillery field. “It is hard caring for the girls when my husband is gone (temporarily).”

Major Craig Green understands about being separated from his spouse, Capt. Michelle Green, who is away attending graduate school. He is assigned to the Management Support Branch, Office of Personnel Management Division.

The Greens enrolled in MACP after they married in 1991.

“We PCS (permanent change of station) here to Washington and hopefully this summer we want to go to Hawaii,” Craig said.

Soldiers wanting to enroll in MACP need to submit an application (DA Form 4187- Personnel Actions) along with a copy of their marriage certificate through the Personnel Administration Center to the servicing Military Personnel Division Personnel Service Battalion. Both soldiers’ servicing MPD/PSB will enter the soldier spouse’s information into the Standard Installation/Division Personnel System to enroll the soldier in the MACP. The spouse information must be entered on both soldiers for enrollment.

For more information about MACP, officers can call Donny Dennis at DSN 221-5191 or (703) 325-5191.

Enlisted soldiers can call Shirley Hodge at Plans Procedures and Operations Branch at DSN 221-2738 or (703) 325-2738.

Prescribed fire program reduces risk, saves money

by Susan C. Galentine

Directorate of Environmental Compliance and Management

Starting fires to prevent fires sounds like an odd means to an end, but it works effectively on Fort Carson. Fort Carson's Prescribed Fire Program has been charged with managing potential wildland fire in "fuels" (dry vegetation) and has been doing so successfully without incident since 1989.

In addition to lessening the risk of wildfires and minimizing smoke impacts on the surrounding communities, conducting prescribed fires increases the amount of time soldiers can train and saves hundreds of thousands of dollars, said Verne Witham, Chief of Fire and Emergency Services for Fort Carson.

Prescribed fires are planned fires ignited under certain conditions. Prescribed fires benefit nature the same as wildfires, however, as they are controlled, the risk is reduced. One environmental benefit of prescribed fires includes reduction of deadwood and brush which revitalizes soil fertility and encourages vegetation regrowth.

Fire Captain Tom Tillman, Fort Carson's prescribed fire "Burn Boss," initiated the prescribed fire program at Fort Carson in 1986 after transferring from the U.S. Department of Agriculture, where he was trained in the relatively new area of prescribed fires. His objective at Fort Carson was to save training dollars by burning areas that were historically susceptible to unplanned fires due to training activities. By initiating planned fires in these areas, Tillman said, military training activities were not shut down for extended periods of time because of unplanned fires, saving millions of taxpayer dollars.

Approximately 26,000 installation acres are scheduled for prescribed fires annually, mostly at the small and large impact training areas and a few areas

where noxious weeds are destroyed.

Fort Carson's Prescribed Fire Plan checklist requires acceptable weather conditions, adequate smoke dispersion and all appropriate notifications to on- and off-post agencies.

"You are doing it (prescribed fires) in a very controlled window based on 'fuel' conditions, weather and topography to achieve the desired management results," explained Tillman. "In our case it is for hazard reduction."

According to Tillman, the prescribed fire team coordinates with the installation's Directorate of Environmental Compliance and Management in applying for a permit from the Colorado Department of Public Health and Environment Air Quality Division Smoke Management Program and implements the post fire plan each year. The installation program is conducted all year, except from November to February, when the installation complies with El Paso County guidelines.

Secondary only to the goal of reducing fire hazards are air quality conditions during prescribed fires.

"Air quality is a high priority for Fort Carson," according to Tami Morton, DECAM Air Quality Program Manager.

"We voluntarily enforce a strict smoke management program that includes not only guidelines for smoke generated during training activities, but just as importantly, smoke resulting from prescribed fires to ensure minimal impact to our neighbors," Morton said.

Only specially trained, "red carded" firefighters can participate in a prescribed fire on Fort Carson.

Although deliberately igniting fires might make some people feel uneasy about the ability to control



Photo by Tom Tillman

Dennis Micheli, fire captain, ignites a fire inside the foam line.

the spread, Fort Carson has a variety of effective natural and physical ways to manage the boundaries of the fire. Often the way prescribed fires are planned, boundaries such as the roadway system and rock outcroppings are used as natural fire breaks to stop the spread of fire. If the area does not provide such natural boundaries, firefighters may improve old existing roadbeds, which would stop the fire, said Tillman. Another method is the application of a high expansion foam line similar to liquid detergent along the designated boundary. The foam acts as a repellant for the fire.

Fire and Colorado's dry climate can make for a combustible duo capable of untold damage if not kept in check, according to DECAM. Fort Carson's Prescribed Fire Program has the right prescription to gain positive results from a potentially negative situation.

Fire prevention key to safe holiday season, home

Fort Carson Fire Prevention Office

As this holiday season fast approaches, we need to remind ourselves of the potential dangers that come with this time of year. During all the partying, shopping and decorating, we may forget to use safe practices in decorating our home or office.

Here are some tips that may help during the holiday season:

Trees

- When purchasing an artificial tree, look for the label “Fire Resistant.” Although this label does not mean that the tree won’t catch fire, it does indicate that the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green and needles are hard to pull from the branches. When bent between your fingers, the needles do not break. The trunk butt of a fresh tree is sticky with resin and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from heat sources such as

heat registers and furnace vents. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

Lights

- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires and loose connections. Throw out old or damaged sets of lights.
- Use no more than three standard-size sets of lights per extension cord. The more you add, the more resistance and heat is created in the cord. Do not connect more than three sets of lights together.
- Fasten outdoor lights securely to trees, house walls or other firm support to protect the lights from wind damage. Use only insulated staples, not nails or tacks, to hold the lights in place. Make sure the lights don’t create a tripping

hazard.

- Turn off all lights when you go to bed or leave home. Lights could short out and start a fire.

Decorations

- Use only noncombustible or flame retardant materials to trim the tree. Choose tinsel or artificial icicles of plastic or non-leaded material.
- Never use lighted candles on a tree or near other evergreens. Always use nonflammable candle holders and place candles where they will not be knocked down.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass “angel hair.” Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.
- In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of reach of the children. Avoid trimmings that resemble candy or food that may tempt a child to eat them.

A few moments of thought could make the difference between a safe holiday season and a disaster. If you have questions or comments, contact us, the Fire Prevention Office at 526-2679. Help us help you enjoy the holiday season.

And remember to to test your smoke detector.



DeCA program receives award

Defense Commissary Agency

FORT LEE, Va. — When it comes to displaying honesty, integrity and fairness in its business activities, the Defense Commissary Agency ranks among the best.

The Defense Commissary Agency was one of 30 executive branch agencies honored recently with an award by the U.S. Office of Government Ethics in recognition for outstanding achievement in developing and managing its ethics program. Dave England, assistant general counsel and deputy designated agency ethics official, accepted the award on behalf of the agency at the Government Ethics Conference, Sept. 13, in Philadelphia.

Government Ethics Office evaluators found no errors in DeCA’s ethics program during its last inspection in May of this year, according to England. The office conducts inspections every three years.

The Defense Commissary Agency’s ethics program focuses on prevention, England explains. It begins with training required for every employee within 30 days of hiring. Some annual training is also required for employees responsible for decisions that obligate the United States, such as contracting officials.

The agency also conducts continuing business ethics training in how to properly deal with our industry partners.

“The strength of our program is our focus on preventing ethics violations,” adds Bill Sherman, DeCA’s general counsel. “We want all of our employees, in whatever capacity, to do the right thing the first time — every time.”

More about DeCA

The Defense Commissary Agency, operates a worldwide chain of nearly 300 commissaries to provide groceries to military personnel, retirees and their families.

Commissary patrons purchase items at cost plus a 5 percent surcharge, which covers the construction of new commissaries and the modernization of existing stores. Patrons enjoy substantial savings on their purchases.

A typical family of four regularly shopping at the commissary can save more than \$2,000 per year. These savings enhance the quality of life for America’s military and their families. A valued part of military pay and benefits, commissaries help the United States recruit and keep the best and the brightest men and women in the service of their country.

4th Engineer Battalion: thankful for its soldiers

**by Staff Sgt. Warren Wells
4th Engineer Battalion**

During this holiday season, the 4th Engineer Battalion recently showed its soldiers the appreciation it has for them.

Through donations of food and time by members of the battalion, 52 soldiers and their families were given everything they needed for a Thanksgiving Day meal.

The Battalion’s Family Readiness Group spearheaded the project and placed boxes at each of the units to collect canned and nonperishable goods. Turkeys came from donations within the battalion and from local businesses. After sorting through the donations, 52 baskets of food were prepared for distribution to soldiers.

Soldiers, selected by their chain-of-command based on need, were given the chance to receive one of the baskets.

As the baskets were picked up, “Thank you very much!” became the phrase of the day. Other comments that were heard included, “This is going to make our Thanksgiving,” and, “This is the only unit that I have been in that has done this.”

In this season of being generous and grateful, one soldier’s comment can sum it up best, “The Army is taking care of its own.”



Chapel

Christian initiation — If you, or someone you know, is interested in the Catholic faith, inquiry sessions are held the first Tuesday of every month. For information contact Deacon Bowles at 526-0333.

Catholic religious education — is conducted Sundays at 10:45 a.m. at Soldiers’ Memorial Chapel. Classes will not meet Dec. 17, 24 and 31 because of the holidays.

The Feast of the Immaculate Conception of the Blessed Virgin Holy Day of Obligation — will be celebrated today. Masses will be offered at 8 a.m., noon and 6 p.m. at Soldiers’ Memorial Chapel and noon at Healer Chapel.

Children’s Christmas Eve Pageant and Mass — Dec. 24, 5 p.m., Soldiers’ Memorial Chapel. All Catholic youth are invited to participate. Angels and shepherds from grades K-3 are needed. A children’s Christmas Choir will be made up of all interested youth. Rehearsals will begin very soon. Children may sign up with their Catholic Religious Education teacher or by contacting Kathy Wallace at 392-4788.

Protestant Sunday School — classes will not meet Dec. 24 and 31.

Lutheran Confirmation Class — A new Confirmation class for youth from the Lutheran tradition will begin early in January. A meeting for all interested parents will be conducted Dec. 17, 9:30 a.m., Soldiers’ Memorial Chapel.

Youth of the Chapel — Activities for Protestant and Catholic middle school and high school youth take place Sundays at 1:30 p.m. at Soldiers’ Memorial Chapel. Protestant high school activities include Bible studies Sunday, 9:30 a.m. and Tuesday at 6 p.m. at Soldiers’ Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays, Soldiers’ Memorial Chapel. Youth are sponsoring a Christmas Event for Protestant and Catholic religious education teachers and are planning a Laser Quest activity in December.

Awana’s 2000, Thursdays, Soldiers’ Memorial Chapel, 5:30 to 7:00 p.m. Ages Kindergarten through sixth grade, boys and girls welcome. Program POCs: Dennis Scheck 526-5626, director of Religious Education; Susan Webb, 538-9306, Jennifer Wake, 540-9157.

Protestant Women of the Chapel — Bible studies for Protestant Women of the Chapel is a ministry for Christian women. Programs are offered at Soldiers’ Memorial Chapel Tuesdays from 9 to 11:30 a.m. Studies offered are: 1 Corinthians, “Train up a Mom,” “Loving your Husband” and “Breaking Free.” A Tuesday study, “The God You Are Looking For,” meets at 6:30 p.m. Chapel fellowship potluck is also conducted each Tuesday at 6 p.m. Child care is provided for both morning and evening studies. For information, call Patti Harris at 391-2905 or Clarissa Jackson at 576-1471.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	8:15 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	8 a.m.	Mass	Veterans’	Magrath & Titus	Chap. Vakoc/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Vakoc/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers’	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The “ROCK” Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Slossen/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans’	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers’	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703
For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.					

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 7 & Revelation 21-22

Saturday — Psalms 8 & Isaiah 1-3

Sunday — Psalms 9 & Isaiah 4-6

Monday — Psalms 10 & Isaiah 7-9

Tuesday — Psalms 11 & Isaiah 10-12

Wednesday — Psalms 12 & Isaiah 13-15

Thursday — Psalms 13 & Isaiah 16-18

Chaplain’s Corner

Commentary by Chap. (Capt.) Joseph K. Blay
4th Squadron, 3rd Armored Cavalry Regiment

In 1996 Jesse Owens, the young black athlete who made headlines by winning four gold medals at the 1936 Berlin Olympics, was honored by the community where he was born.

Folks in the small Alabama town of Oakville dedicated a granite monument in the city park to this man who was born a half-mile away in a sharecropper’s shack in 1913.

As Christmas rolls around the corner, I am reminded of another person who also had a humble birth, not in a stately mansion, but a lowly stable. Actually this person’s birth is the reason for Christmas. But for many people around the world, especially those in the western world, Christmas has come to mean this all-too-true parody of the wonderful words of Luke’s Christmas narrative.

“And there were in the same country children keeping watch over their stockings by the fireplace. And, lo! Santa Claus came upon them; and they were so afraid. And Santa said unto them: ‘Fear not, for behold, I bring you good tidings of great joy which be to all people who can afford them. For unto you will be given great feasts of turkey, dressing and

cake; and many presents; and this shall be a sign unto you, you shall find the presents, wrapped in bright paper, lying beneath a tree adorned with tinsel, colored balls and lights.’ And suddenly, there will be a multitude of relatives and friends, praising you and saying, ‘Thank you so much, it was just what I wanted.’ And it shall come to pass as the friends and relatives have gone away into their own homes, the parents shall say to one another, ‘Darn it! What a mess to clean up! I’m tired, let’s go to bed and pick it up tomorrow. Thank goodness, Christmas only comes once a year!’ And they go with haste to their cold bed and find their desired rest.”

Friends, the Lord Jesus Christ whom we exalt at Christmas is not just a baby in a manger. He is not a character in a children’s story. He is far more. So as you join the rest of the world to remember his birth, which is traditionally celebrated Dec. 25 of every year, I encourage you to remember the blessings that he brings to us.

First, we can thank him for his blessings upon our children: “Our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace” (Psalm 144:12). To have well-mannered, God-fearing children is such a

great blessing.

Second, we should thank him for his provision for our every need. “Our barns will be filled with every kind of provision” (Psalm 144:13), and we can say that, truly, God has supplied all our needs “according to his riches in glory by Christ Jesus” (Philippians 4:19).

Third, we should thank him for his protection. “There will be no breaching of walls, no going into captivity, no cry of distress in our streets” (Psalm 144:14).

We can also thank him for his peace in our families, on our streets, in our churches and in our government.

In spite of all our problems, we still have the privilege of leading “peaceful and quiet lives in all godliness and holiness” (1Timothy 2:2).

“Blessed are the people of whom this is true” (Psalm 144:15), and I trust this can be said of myself and of you. Sounds like Thanksgiving, doesn’t it? The truth of the matter is, this is what Christmas is all about — God’s gift of his only son to humanity.

Enjoy the many gifts that loved ones will be generous enough to give you but at the same time remember the reason for Christmas.

Prevention is key for hoops’ ankle injuries

**by 1st Lt. William Egan
Ireland Army Community Hospital**

With the winter sports season upon us, many will take the opportunity to participate in a variety of recreational sports and activities — basketball in particular. Unfortunately, enjoying some of these activities can lead to ankle injuries, one of the most common orthopedic injuries occurring to the active duty soldier and athlete.

The ankle joint is made up of three bones in the lower leg and foot. The two lower leg bones, the tibia and fibula, form an arch which surrounds the top bone of the foot, the talus. The joint is supported by ligaments located on the inner and outer sides of the joint.

Muscles, which begin in the lower leg and attach onto the foot, also help to support the joint and they provide movement of the ankle. The joint is also enveloped by connective tissue called the capsule. Inside the capsule is fluid which helps to lubricate the joint.

The most common ankle injury is the inversion sprain. A typical example occurs in basketball when landing on

another player’s foot causes the foot to roll inward. With these injuries there is usually immediate pain, redness, and swelling. It is also common to have bruising throughout the ankle and foot beginning one to two days later.

With inversion sprains, fractures usually do not occur. Generally, the ligaments on the outside of the ankle and the joint capsule are stretched and sometimes torn. Other less common injuries include ankle fractures, eversion sprains (rolling the foot out), and Achilles tendon strains or tears.

Although ankle injuries are many times unavoidable, there are some measures which can prevent excessive amounts. Proper shoe wear is important. Do not wear running shoes while playing sports such as basketball or tennis. These sports involve lateral movements and running shoes are only designed for straight-ahead running.

Do not run or play on surfaces which are ridden with potholes, rocks or any other obstacles that might trip you. If you must run in the dark, do so on a track or route that you know is

free of obstacles.

If you are very fatigued it is important to take breaks or discontinue playing the sport. When fatigued, your body will have slower reaction times which can lead to increased injury. If your muscles are overworked they may not be able to function correctly to support your ankle joint.

If you have sprained your ankle in the past, it may be helpful to have your ankle taped or wear a supportive brace for the next two to three months after your injury. During this recovery period the ankle is generally weaker and more easily sprained.

For people with chronic ankle sprains or those involved in sports where ankle sprains are common, the following exercises will be very helpful.

Practice standing on one foot with your eyes closed and try to hold this position for one minute. This exercise trains the receptors inside the ankle joint. These receptors send signals to the brain which allow you to correct any improper movements.

Lie on your side and place an ankle weight around the ankle of your top leg. Roll your ankle to the outside by contracting the muscles on the outside part of your lower leg. These are the peroneal muscles. Strong peroneal muscles will help to prevent the ankle from rolling in. Do these in sets of 10 repetitions. Increase the weight as you get stronger.

Stretch the calf muscle. Stand with your hands on a wall. Position one leg back with the knee straight and the other leg forward with the knee bent. While keeping the back heel on the ground lean toward the wall until you feel a stretch in the calf.

Hold for 30 seconds and repeat three times on each side. A flexible calf muscle will allow you to more easily point the foot up toward your nose. This is the most stable position for the ankle.

If you injure your ankle or suffer from frequent ankle sprains, you may be sent to physical therapy for individualized rehabilitation and instruction.

Military

Warrior Battalion fights for Connelly title

Story and photos by
Doug Rule

Fort Carson Public Affairs Office

It's been two years in the planning and execution.

The latest Hollywood epic? No, the 1st Battalion, 12th Infantry, 3rd Brigade Combat Team's entry into the Department of the Army's Phillip A. Connelly competition.

Two years ago, three soldiers, Sgt. Anthony Jones, Sgt. Steven Szakal and Sgt. Kirk Branconner, felt that they had a chance at proving their field mess is the best in the Army. Short their authorized staff sergeant and sergeant 1st class, the three noncommissioned officers took the leadership responsibility, organizing and motivating the other soldiers. It paid off.

"It's been a big job," said Jones. "We had a different competition about every six months. First it was the brigade, then Fort Carson. At the FORSCOM (Forces Command) level, we competed against 15 different units."

In all cases, their team came in first. Now the team faces its biggest challenge: the Department of the Army-level field kitchen competition. Now they are competing with the best worldwide.

"We will win this one. We will bring home the gold," Jones said with a big smile.

Sergeant Christopher Jamison, Headquarters, Headquarters Company, 1st Bn., 12th Infantry, stressed that the field mess was not just for show. "We do this all the time out here. Sometimes

we serve 700 to 800 soldiers in a set up just like this. We even have soldiers from other units visit because they know how good our food is," he said.

Staff Sgt. Mark Roberts, food operations sergeant for 1st Bn., 12th Infantry, added that the competition was more than just good food.

"It's not only about cooking. A big issue is the environment in field operations. We have a lot of regulations to follow and are graded on each one," he said.

The team will examine not only the food and food preparation, but also the sanitation operations, the mess area layout and such things as the camouflage.

Roberts went on to explain that the set up was reviewed by several warrant officers, who had experience with this type of competition. Their comments are helping the soldiers improve their operation.

The command is also proud of the job its soldiers are doing.

"The colonel has made this the top priority for the entire battalion," said Jamison. "Whenever he sees us, he says, 'these are my top soldiers.' It makes us feel really good."

The unit began setting up its field mess Nov. 27 and has already cooked several practice meals. The judges from the Department of the Army will rate the team Wednesday. The 1st Bn., 12th Infantry is the last of 13 field messes being judged. Results of the judging will be announced by the end of the month and the winners will go to San Diego, Calif., to receive their award.



ABOVE: Specialist Berin Webb, 1st Battalion, 12th Infantry, sets up the burners in the cooking tent as part of the preparation before cooking begins. **LEFT:** Private Georges Phanord, Headquarters, Headquarters Company, 1st Battalion, 12th Infantry, installs sinks in the sanitation tent as part of the set up of the field kitchen. Sanitation and environmental issues are as important in the Connelly judging as food preparation.

New commander takes reins of Tiger Squadron

by Spc. Zach Mott
Mountaineer staff

After leading the troops of the “Tiger” Squadron, 1st Squadron, 3rd Armored Cavalry Regiment, through a transition to M1A2 Abrams Main Battle Tanks, a successful Balkans deployment and countless other missions in his two years as commander, Lt. Col. Joseph DiSalvo is moving on.

During Tuesday’s ceremony at Tiger Field, DiSalvo relinquished command to Lt. Col. William Dolan, who comes to Fort Carson after most recently serving with the Fort Hood, Texas based 1st Cavalry Division.

“There’s no greater honor for a cavalry officer then to command a cavalry squadron,” DiSalvo said.

During the ceremony, the 69th Colonel of the Regiment, Col. Anthony Harriman, spoke

about the accomplishments of DiSalvo and what mark he will leave with the squadron.

“Your real legacy remains the Tiger trooper; you trained them well,” Harriman said.

DiSalvo may be leaving Tiger Squadron, but he is not leaving the 3rd ACR. He is taking a position as the regimental executive officer. DiSalvo did have some parting words for the soldiers he has led for the past two years.

“To the Tiger troopers, thank you for day-in and day-out working so hard, and being so good,” he said.

Although Dolan’s speech was short, he did comment on the future of the troops he now leads.

“You will get my best everyday as your commander to keep this squadron on top. And together as a team, we lead this regiment into the 21st century,” Dolan said.



Photo by Spc. Zach Mott

From left, Lt. Col. William Dolan, commander, 1st Squadron, 3rd Armored Cavalry Regiment, Col. Anthony Harriman, commander, 3rd ACR and Lt. Col. Joseph DiSalvo, outgoing commander, 1st Squadron, 3rd ACR, salute the American flag as it passes in front of them during 1st Squadron, 3rd ACR’s change of command ceremony at Tiger Field Tuesday.

Frame of Choice program gives soldiers new look

by Staff Sgt. Gary L. Qualls Jr.
Fort Carson Public Affairs Office

Fort Carson soldiers can now see the world in the new millennium through 21st Century glasses — thanks to the Army’s new “Frame of Choice” program.

The Army has issued its traditional thick, brown glasses, commonly referred to as “Birth Control Glasses,” since the late 1980s, but now soldiers can have their choice of a variety of contemporary frames as part of their standard issue.

“The program at Fort Carson started in June with a test program for only privates, but it was made a standard program and opened to all soldiers in October,” said Staff Sgt. James Jones, Eye Clinic noncommissioned officer in charge.

If soldiers have an eye prescription from within the past year, they can go directly to the Eye, Ears, Nose and Throat Clinic at Evans Army Community Hospital to order their glasses. Without a current prescription, soldiers need to make an appointment for an eye exam. They can do this by simply calling TRI-CARE at 264-5000.

When a soldier has obtained a prescription, he or she chooses one from among six conservative but modern styles of frames. The frames are then fitted by the eye technician, and the soldier fills out an order card. The eye technician then forwards the information to the eye lab at Fort Sam Houston, Texas, and keeps the card in the clinic’s records for future reference. Before leaving the clinic, the soldier fills out a self-addressed post card, which will be sent when the glasses arrive. Four to six weeks later, the glasses come in and soldiers receive the postcard. They then come into the clinic, any necessary adjustments are made to the frames, and now they have their contemporary glasses.

The glasses in the Frame of Choice program come in five different colors, silver, pewter, bronze, black and rose. Soldiers see several advantages to the

new frames, said Spc. Matthew Skates, and eye technician at the EENT Clinic.

“They’re more appealing, but they still have a military appearance and perform the same function as the old frames,” said 1st Lt. Owen Hill, a medical officer in 1st Battalion, 12th Infantry, who recently ordered new glasses.

“Soldiers who might otherwise be inclined to wear contacts in the field might be more willing to comply with regulations and wear glasses with the new-style frames so it could be safer,” Hill added, explaining that the old-style frames are cumbersome and that most soldiers simply don’t like them.

Soldiers are limited to one pair of contemporary-style glasses per year. If they break or lose them, they will be replaced with a pair of BCGs. No special preference is given in the program, regardless of the patient’s rank, Skates said, adding that all patients have the same choice of frames.

The lone exception to this program is that only females can order the rose-colored glasses. The lab at Sam Houston will not make these glasses for men, Skates explained.

Normally the lenses in the contemporary-style glasses will be plastic unless a doctor prescribes polycarbon lenses. In order to get sunglasses through the clinic, a patient must have a prescription from a doctor for them. In addition, Ranger goggles are not automatically authorized for Special Forces soldiers. It depends on the mission of their unit, Skates added. Pilots and military retirees are authorized to get flight frames.

The contemporary-style frames have been enthusiastically received, Jones and Skates agreed. The volume of current orders for glasses is up by about 200 pair for the year because of the new-style frames. The margin is not wider than that because soldiers are always required to have two pair of current-prescription glasses anyway, they explained.

The fact that the glasses are free and that BCGs



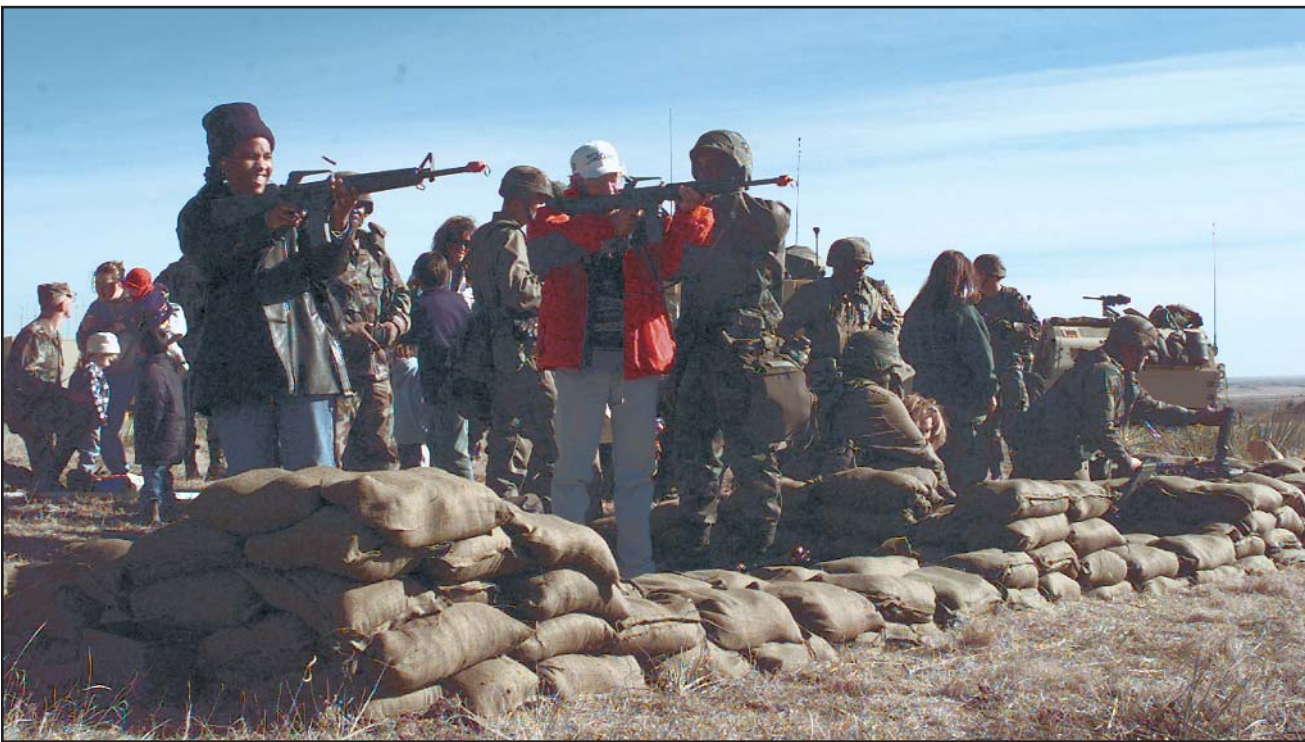
Photo by Staff Sgt. Gary L. Qualls Jr.
First Lt. Owen Hill, 1st Battalion, 12th Infantry, tries on a pair of new contemporary-style glasses while Spc. Matthew Skates, clinic eye technician, looks on.

just aren’t the kind of eyewear that most soldiers want to be seen wearing in public are the main factors that are drawing soldiers to order the new glasses, Skates said.

When choosing a style of frames, soldiers often go with the flow, Skates observed.

“They often ask what the most popular style has been,” he said. “Many of them come in with their buddies and get the same style or ask comrades what kind they got and choose that style. Senior NCOs come in and ask what kind of frames soldiers are getting so they won’t get a pair that cause their soldiers to laugh at them,” he said.

As for the BCGs, Skates doesn’t expect the Army to ever discontinue them because of their durability and the low cost of making them. Some things never go out of style. And some things just never go out.



Friends and family members of 3rd Battalion, 29th Field Artillery “Redleggers” fire small-arms weapons during the battalion’s Jane Wayne Day family celebration.



First Lt. Wes Lockman, Headquarters, Headquarters Battery, 3rd Battalion, 29th Field Artillery, holds three-month-old Jensen as they both take a break from the day’s activities.

‘Playing’ soldier for a day

Story and photos by Spc. Zach Mott
Mountaineer staff

Often, families are left to wonder what their loved one does when they “go to the field.” During 3rd Battalion, 29th Field Artillery’s Jane Wayne Day, those friends and family members had a chance to live the life of a soldier — at least for a day.

“This lets the families get an idea of what their husbands and dads do on a daily basis,” said Lt. Col. Gary Lankford, commander, 3rd Bn., 29th FA.

Those attending had a chance to experience life as an artilleryman, everything from maintenance to firing the M109A6 Self-Propelled Howitzer, or Paladin.

“My favorite part is firing the machine gun and the (Paladin),” said Jai Mitchell, 7.

Jane Wayne Day was scheduled as the culminating event of a calibration exercise for the battalion. During the calibration exercise, each gun was adjusted to ensure it was firing properly, in short, zeroing the Howitzer, said Capt. Jeff Brizic, assistant plans and operations officer, Headquarters, Headquarters

Battery, 3rd Bn., 29th FA.

Static displays were set up throughout an area to allow family and friends a chance to get their hands on some of the equipment their loved ones use daily.

An Air Defense Artillery display of the Avenger, complete with a remote control unit to turn the launching tubes, was set up for family members to use. They were also given an opportunity to go inside the Paladin, and see firsthand how cramped it can get.

A small arms firing area was set up to give family members a chance to fire the M-16-A2 rifle and the .50 caliber machine gun. After these events, those attending were treated to Army field chow.

However, the highlight of the day, as most said, was the chance to pull the lanyard for a fire mission on a Paladin.

Those willing were given a chance to pull a 50-foot chord attached to the firing mechanism of the Paladin, perhaps enticing a few to enlist someday.

“I’m sure we’ve got some future warriors out there,” Lankford said.



Kevin Doughty, 3, takes a look at the view from the 3rd Battalion, 29th Field Artillery’s Jane Wayne Day festivities.

Policy tightens for privately-owned vehicle shipments

SCOTT AIR FORCE BASE, Ill. — Soldiers and civilian employees who want to ship their vehicles overseas must now bring to the port a certificate of title.

If the vehicle is leased or has a lien, customers must also present a lien-release letter, according to Military Traffic Management Command officials.

Vehicle registration cards will no longer be sufficient when privately-owned vehicles are brought to the port or Vehicle Processing Center, MTMC officials said.

The documentation requirements are being enforced at VPCs in order to comply with U.S. Customs Service regulations and the Anti-Car Theft Act of 1992, according to MTMC officials.

The new MTMC policy became effective Oct. 1. Personnel shipping vehicles overseas must now pre-

sent an original certificate of title or a certified copy of the title. Military Traffic Management Command will no longer ship POVs to locations outside the continental United States without the title and, if applicable, a lienholder release letter.

The lienholder’s release letter must be on the third party’s letterhead paper, and contain a complete description of the vehicle and the telephone numbers at which that owner or lienholder may be contacted. The shipper must also present a certified copy of the title.

Vehicle Processing Centers have been instructed to hold POVs for no more than 30 days while the soldier or civilian employee secures the release from the lienholder.

These holding procedures will remain in effect until Dec. 31, MTMC officials said. Thereafter,

Vehicle Processing Centers will reject all POVs without the required letter of authorization from the lienholder.

Servicemembers will be responsible for disposition instructions and transportation charges associated with the return of POVs not authorized for shipment by the lienholder, officials said. Soldiers who are not able to obtain a lienholder release letter are advised to contact their base legal office for assistance.

Shippers are encouraged to review the instructions in the MTMC pamphlet, “Shipping Your POV” which is available at Personal Property Shipping Offices, MTMC officials said, or on the web at <http://144.101.37.133/property/gpov/POVnotice.htm> .

Editor’s note: Information obtained from a U.S. Transportation Command release.

BOSS involvement highlights NCOs’ promotion qualities

by Cleo Brennan
Fort Sam Houston, Texas Public Affairs

Selection for promotion to the senior ranks of the noncommissioned officers’ corps is a reflection of the superior leadership, proficiency, competence and quality of character demonstrated in a soldier’s record.

Four Fort Sam Houston staff sergeants were gratified, but not surprised, to find their names on the Army-wide sergeant first class selection list for 2000.

They were surprised however, by the apparent coincidence that among the 310 Fort Sam Houston NCOs selected by the board, four of them were all members of the Fort Sam Houston Better Opportunities for

Single Soldiers program committee.

Most soldiers working to advance their careers in the Army know what things lend points to their cumulative score, including military and civilian education; awards and decorations; their Army Physical Fitness Test score; personnel evaluations and their Department of the Army photo. However, other more subjective qualities, which don’t have a specific point value, also have an influence on the outcome of the board’s considerations.

Dennis Rundle, Evaluations Branch, Military Personnel Division, Human Resources Business Center, doesn’t suggest that participation in the BOSS program is in any way grounds for promotion, but he did note that good leadership gets recog-

nized.

“Individuals, who work as hard for soldiers as for themselves, get promoted,” Rundle said.

United States Army Garrison Command Sgt. Maj. Arthur Hastings, added that there is a tendency to want to give credit for demonstration of civic character to those soldiers giving something outside the norm.

“These NCOs’ participation in BOSS only enhanced what they already had in their record as soldiers. An NCO Evaluation Report should reflect everything an NCO does. Sometimes we isolate soldiers into an only “how they perform in uniform category.” Whether it’s supporting the BOSS program, or as a little league coach, they do something for the com-

munity that might otherwise go undone.

“The success of the BOSS program here just gives it a little more significance, and for that, they have to thank, in part, the support of the chain of command which allows members to take duty time for BOSS business, making it that much more successful,” Hastings said.

That support also includes active leadership models involved in the BOSS program — top-ranking NCOs who give their time and focus as well.

Editor’s note: Single soldiers interested in becoming involved with the Fort Carson BOSS program should contact Spc. Amy Hafford, Fort Carson BOSS president, at 524-BOSS(2677).

Army-wide conference stresses equality, dignity

by Master Sgt. Bob Haskell
National Guard Bureau Public Affairs Office
ORLANDO, Fla. — Treating everyone with dignity and respect is the foundation for equality in today’s Army, the top-ranking enlisted soldier stressed at the Army’s third annual world-wide Equal Opportunity Training Conference.

“Treating all soldiers fairly, that’s what it’s all about,” said Sgt. Maj. of the Army Jack Tilley as 444 military and civilian equal opportunity advisors and advocates — most of them senior noncommissioned officers — began three days of workshops. The sessions were focused on providing all soldiers and their families equal treatment and consideration wherever they serve — from Kansas to Korea.

“The key to success for equal opportunity is communication skills among all people,” said Tilley, who acknowledged that equal opportunity concerns among the Army’s racially and culturally diverse men and women are being taken far more seriously than when he joined the Army in November 1969.

That, said the 12th sergeant major of the Army, is the way it should be for the good of all active-duty and reserve component soldiers — for “the Army” advocated by his boss, Army Chief of Staff Gen. Eric Shinseki.

The Florida conference’s makeup during this holiday season mirrored the modern Army. It included 223 active-duty equal opportunity advisors from

every major Army command around the world, 108 members of the Army National Guard, 79 Army Reserve soldiers, and 26 equal employment opportunity civilians.

They were focused on finding better ways to enforce the Army’s equal opportunity policy. The updated policy that has been in effect since July 1999 applies on and off Army posts, during duty and non-duty hours, and in all working, living and recreational environments. It calls for an environment free from discrimination and offensive behavior and requires fair treatment for all “without regard to race, color, gender, religion, or national origin.”

“People are the supreme building blocks of the force. The interaction among those people determines how well the force functions and how well the Army fulfills the challenges that the nation puts before us,” observed Brig. Gen. William Heilman, who was hosting the conference.

The 1973 West Point graduate and former artillery officer became director of the Army’s Human Resources Directorate within the Office of the Deputy Chief of Staff for Personnel in August.

Emphasizing the importance of equal opportunity at the company level, where most of the Army’s soldiers serve, is Heilman’s major concern.

“We must always look for better ways to include the concepts of human relations and equal opportunity into the fabric of the force without losing focus on

the things that have made us successful,” Heilman said. “The biggest challenge is to design an equal opportunity program that is genuinely accepted as a necessary component of leadership and readiness, not just an add-on or a check-the-block thing to do,” he added.

The Army’s atmosphere is far more friendly than it was during the summer of 1971 when he witnessed a race riot among soldiers serving in Germany while he was a West Point cadet, Heilman said. But the work goes on.

The Orlando conference, he explained, was designed to explore the complexities of human relations and equal opportunity for advisors who have already trained at the Florida-based Defense Equal Opportunity Management Institute and who must advise their commanders on sometimes-sensitive issues.

“We are adding new tools to their toolboxes,” said Heilman who believes in the adage that an ounce of prevention is worth a pound of cure. “We are stressing the proactive approach at this conference. It’s a lot better to address these issues before they become problems.”

The new tools will come from workshops focusing on such issues as The Reality of Racism; the Facilitation Process; Negotiating Equal Opportunity with Difficult People, and Managing the Diversity of Psychology Type.

Show me the money



Thompson

**What is a CFNCO?
by Master Sgt. Kent
Thompson**
**Army Community Service
Financial Readiness Division**
The acronym CFNCO stands for Command Financial Noncommissioned Officer. Each battalion- or squadron-sized element has one. Your unit CFNCO, also known as CFN, is your personal financial advisor. The CFNCO program operates in direct proportion to the competence and dedication of the CFN. Therefore, great care must go into the selection of the CFN if the program is to provide the optimum service soldiers and their families deserve. He or she is a staff sergeant or above, that is chosen by the unit command sergeant major and chain of command to advise you on personal finances. Financial readiness, or lack of readiness, is a major contributing factor to retention, performance and well being of the unit as well as the individual soldier and his/her family. The CFN is given a 40-hour core course of train-

ing and tested at the end of the course to insure understanding of the basics of the areas covered. The areas we cover in the class are: military pay, credit and debt management, budgeting, insurance and risk management, bankruptcy, frauds and rip-offs, financial counseling and methods of dealing with creditors. The CFN is a member of a battalion/squadron commander's personal staff and serves as that commander's principal advisor on policies and matters related to soldier financial readiness and local consumer affairs. The unit CFN must comply with privacy act provisions and will keep all your financial information confidential in accordance with the privacy act of 1974. You can't be discriminated against for going to see your CFN. In fact, we strongly encourage everyone to see his or her CFN for everything from advice on how to better manage your money to tax return preparation to preparing to make a major purchase. Your CFN has a multitude of resources available to help you, whatever your situation. By the way, you must go through the CFN prior to going to Army Emergency Relief for assistance. The CFN will do all the preliminary paperwork and

verify the case so that you don't waste your time at AER. Rank plays no part in whether or not you should see a CFN. We give limited investment advice — we can't suggest specific stocks, bonds or funds — arrange for payments to creditors or help with document preparation for payments to you. I have had clients ranging in rank from private to lieutenant colonel, as well as numerous family members. Many of the CFNs on this installation have accomplished near miraculous feats with soldier finances. Several soldiers have commented to me that they were considering bankruptcy, but now are well on their way to financial security simply because their CFN has provided them with the assistance/knowledge they needed. All CFNs have a pager and an answering machine. The numbers are listed in the Leaders Guide to Financial Counseling that every NCO leader should have. If you are a leader without a Leader's Guide, tell your CFN. If you don't reach the CFN, make sure you leave a message or call the pager and input the number where you can be reached. Your personal financial advisor stands ready to serve you.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

3rd BCT Iron Brigade (building 2061)
Butts Army Airfield (building 9612)

Standard Facilities

3rd ACR Patton House (building 2161)
10th Special Forces Group (A) (building 7481)
3rd BCT Mountaineer Inn (building 1369)

Weekday Meal Hours

Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of Dec. 9 to Dec. 15

Exceptions

- Butts Army Airfield Dining Facility is open for breakfast and lunch only.
- The Cheyenne Mountain Inn Dining Facility (building 1040) will be closed Dec. 9 to Jan. 2 for repairs. The Mountaineer Inn (building 1369) will be open for three meals daily to include weekends.
- 10th SFG (A) meal hours are the same Monday through Friday. It does not serve a dinner meal on Friday.
- CAV House Dining Facility will be closed until further notice for repairs.

Weekend Dining Facilities

3rd BCT Mountaineer Inn (building 1369)
3rd ACR Patton House (building 2161)
3rd BCT Iron Brigade (building 2061)

Saturday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

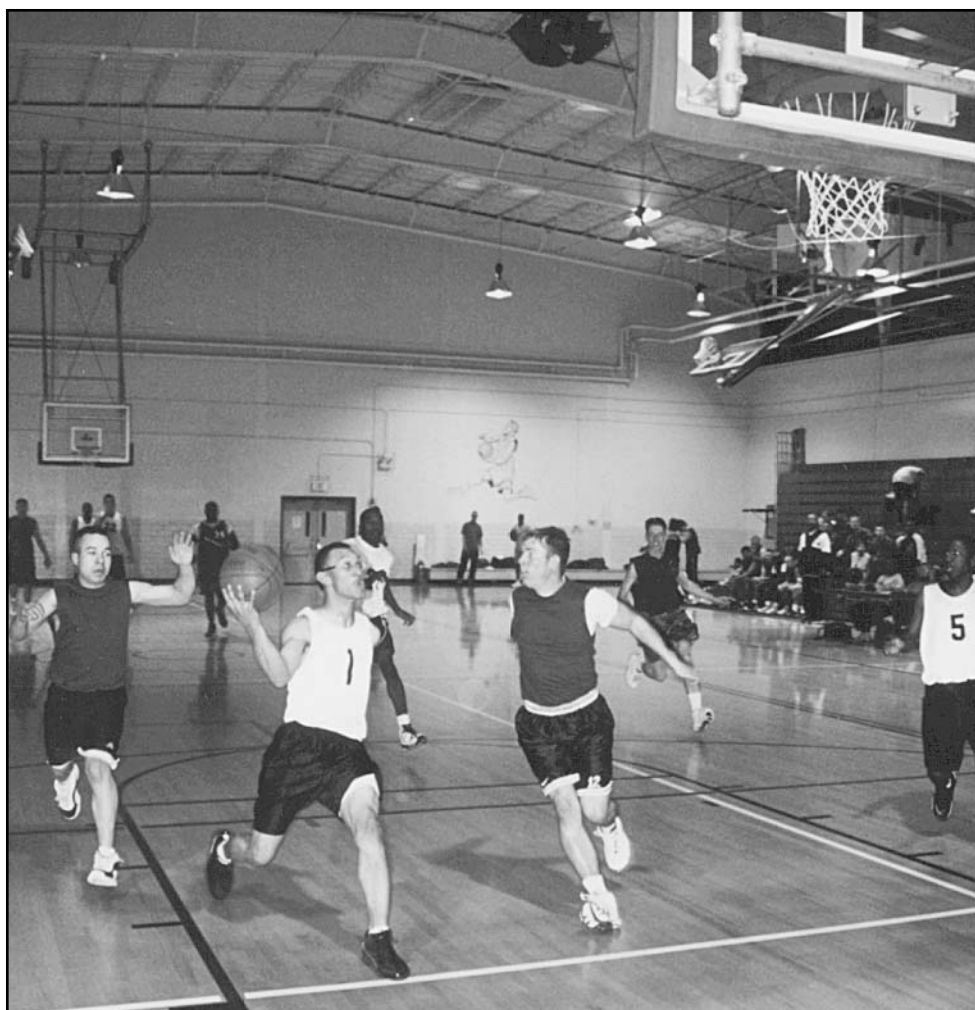
Sunday Brunch/Supper
Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

Family members are cordially invited to dine
at Fort Carson dining facilities.

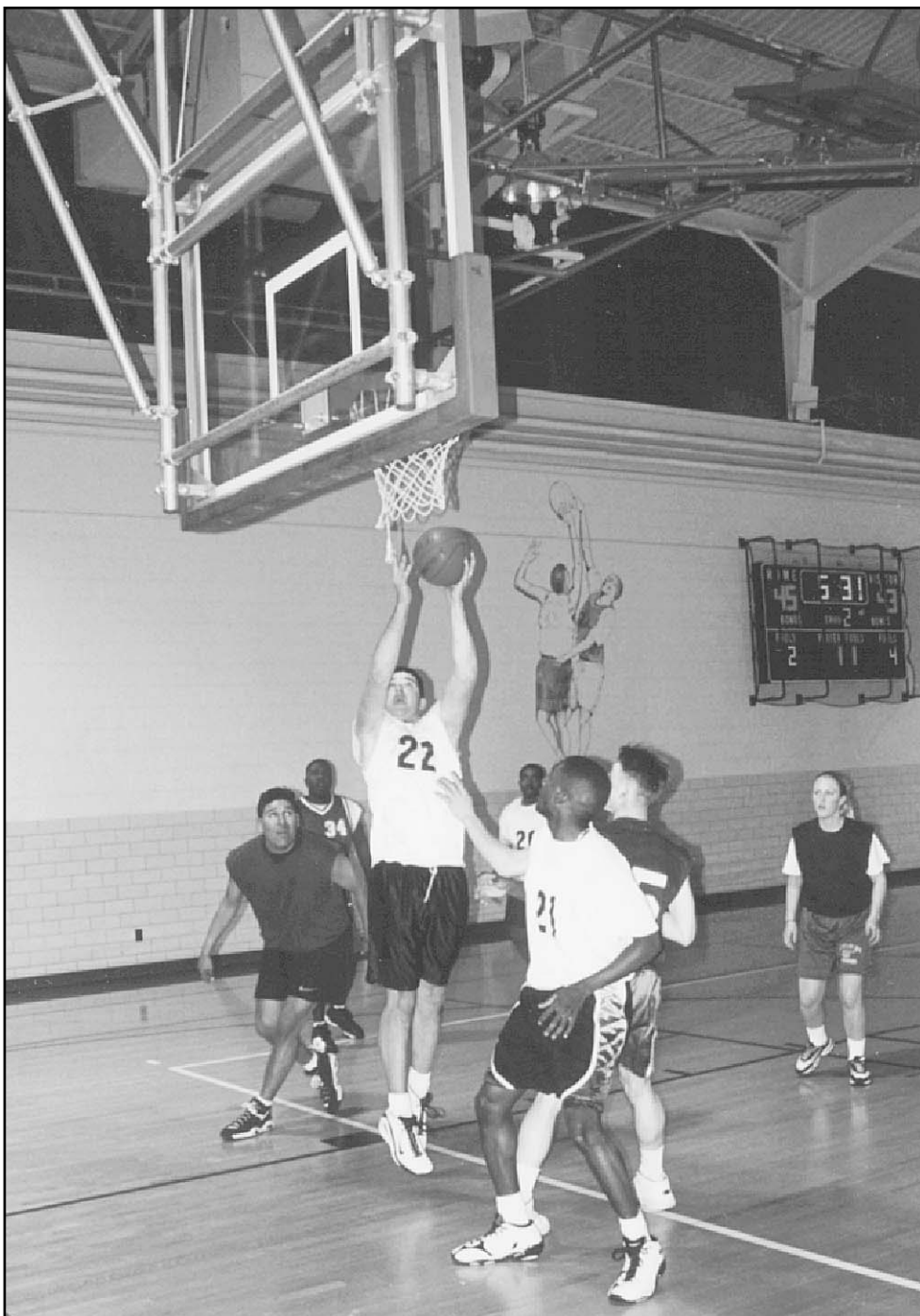
Sports & Leisure

52nd Engineers win season opener



Photos by Walt Johnson

Mike Surman, Headquarters Support Company, 52nd Engineers guard, drives to the basket for two points.



Headquarters Support Company center Matthew Fennell grabs a rebound and then lays the ball up for two points late in the second half.

**by Walt Johnson
Mountaineer staff**

Headquarters Support Company, 52nd Engineers basketball team, used its athletic gifts and some clutch shooting to earn a 57-45 victory over the 534th Signal Company in the first *Mountaineer* game of the week.

The final score of the game was not indicative of the way the game was played. This was a nip and tuck affair from beginning to near the end as neither team could manage more than a seven-point lead at any point in the game until the final minutes when the Engineers pulled away.

The game was so close in the first half that you had trouble getting a hand on who was really in control of the game. Just when it seemed like the Engineers were in control of the game, opening up a seven-point lead at one point, the Signal team came storming back, getting as close as one point behind.

Just before halftime, the Engineers found themselves being pressed again by the Signal team. Signal had two good fast break opportunities that would have given the team the lead for the first time in the game, but missed the layup and jump shot attempt. With the Engineers clinging to a one-point advantage, 20-19, with less than a minute in the half, the Engineers' Sam Woodberry and his teammates scored

the next three points to take a four-point lead into halftime.

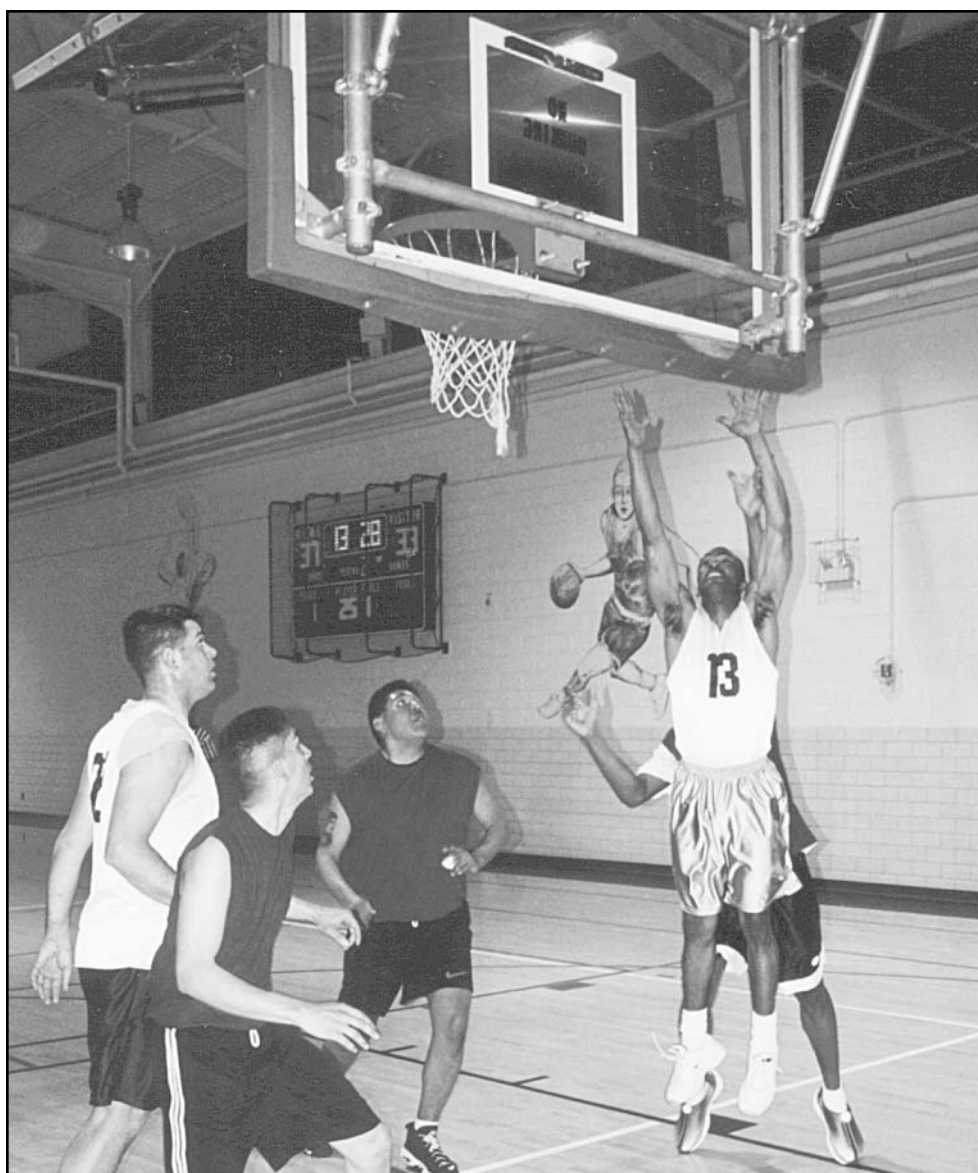
The Engineers seem to have all the essential elements of a winner. They have a bruising center, Matthew Fennell, an outstanding point guard, Mike Surman, and Woodberry who is as good a forward as there is in the league. The team would need all three players and shooting guard Meredith Morgan, in the second half to win the game, especially since they were playing without two of their top players because of duty commitments.

With the Signal team determined to stay in the game in the second half, time and time again the Engineers found themselves protecting slim leads.

First Woodberry and then Morgan hit key baskets that extended one-or-two point leads for the Engineers and in the end helped the team cruise to victory.

After the game, Engineers coach Woodberry said his team played well but could have played better.

"We won but we had too many turnovers. We played hard like we were supposed to but we were also missing two of our better players, which hurt us. We wanted to go man-to-man but we had to play a zone and they hurt us with their rebounding. But, we made the plays we had to, to win the game," Woodberry said.



Headquarters Support Company forward Sam Woodberry rises off the floor to grab a rebound.

On the Bench

Trident swimmers look strong in Falfins winter open

by Walt Johnson
Mountaineer staff

Gang, this is getting to be just too good to be true. I watched with great pleasure Sunday the total dismantling of “that team from Texas” by the Tampa Bay Buccaneers like a proud father would look at his son achieving athletic greatness. So bad is this team that it makes me feel so good. And just think, they will be in line for a high first round draft pick



Johnson

that will go to Seattle as payment for wide receiver Joey Galloway. Boy, if anything else bad (of course excluding human injury) can happen to this team it won’t be too soon, my friends (smile).

The Fort Carson Sports division is sponsoring a Christmas basketball tournament Dec. 29, 30 and 31.

The basketball tournament is open to all post-level teams and will be played in a double elimination format. The entry fee for the tournament is \$125, which can only be paid by cash, and the fee must be paid by Dec. 16.

For the tournament, each team can have a maximum of 14 players. Awards will be presented for first, second and third place finishes. For more information contact Josh Mitchell at 526-2411.

The Fort Carson Tridents swimming team got great effort from all its swimmers according to head coach Pat Burch at the United States Air Force Academy’s Falfin Winter Open swim meet Dec. 1 to 3.

The meet was another chance for the Tridents team to get some good competition and get in position to host its first swimming meet in January at the renovated indoor swimming pool.

Burch said six of the Trident swimmers had extra special achievements.

In the 9-to-10 year old category, Tyler Davis had one first place finish, three second place finishes, a third place finish, a fourth place finish, a fifth place finish and two sixth place finishes. Davis’ time in the second through sixth place finishes cut time off his Junior Olympic marks for the season.

Trevor Percival had a ninth, 10th, 11th, 12th, 13th, 14th and 16th place finish in the 9-to-10 year old category. His 10th place finish cut time off his Junior Olympic time.

In the boys eight and under category, Jonathan Teague finished second, fourth and seventh in his events, Hunter Carl finished 11th and 12th, while Nicholas Dettmer finished seventh and eighth.

In eight-and-under girls competition, Jordan Davis finished fourth, eighth, 12th, 14th and 15th in her events. The meet drew more than 600

See Bench Page 25

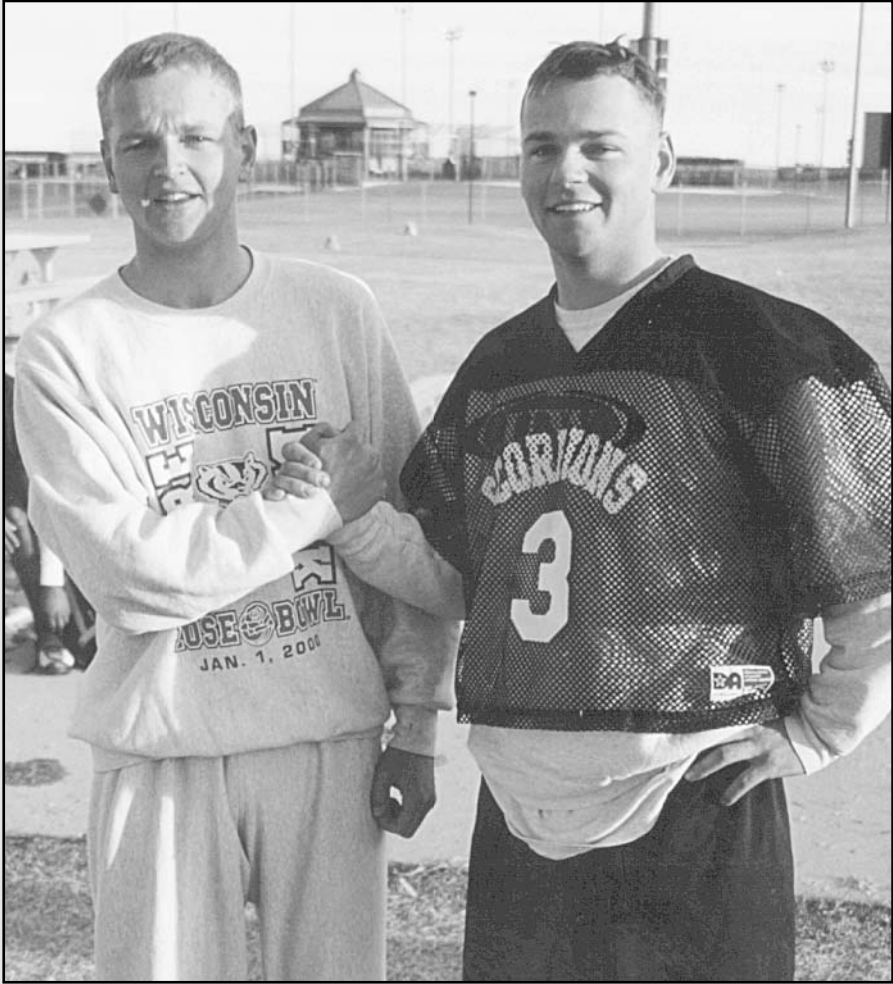


Photo by Walt Johnson

As the little brother in the family Tom Behling, Bravo Company, 64th Forward Support Battalion, left, knows about finishing second to his big brother Gerry Behling, right, Services Battery, 3rd Battalion, 29th Field Artillery. Except that is, during the intramural football playoffs when Tom caught a touchdown pass over his brother during the playoff game Nov. 21.

Bench

From Page 24

swimmers to the Academy pool over the three-day event.

The Colorado Gold Kings professional hockey team will be back in action again at the World Arena Dec. 20 when the team hosts San Diego.

The game will be the first of three games scheduled to be played Dec. 20, 22 and 23. Tickets for the Gold Kings can be obtained at the World Arena box office or the Information, Ticket and Registration office on post.

Well it's time for me to blow off some steam from the professional sports scene.

Isn't it amazing how the players come out and say one of two things after their coach gets fired? Either they say "the players let the coach down and didn't perform as well as they should have," or they say, "I didn't run the coach out of town, I just did what I was asked to do."

In both cases that is the biggest bunch of baloney you ever want to hear. If you want to know what is wrong with sports today, look no further than Seattle and Washington, where Supersonics basketball coach Paul Westphal and Redskins football coach Norv Turner were shown the door. Gang, the inmates are indeed running the asylum in pro sports these days

and maybe that is why so many fans are turning away from them.

So the Colorado Rockies have signed Denny Neagle to a contract and want to also sign pitcher Mike Hampton.

If you are a Rockies fan, let me spare you some heartache and concern. The only time you are going to see Mike Hampton at Coors Field is when whatever team he signs with comes to town.

I will be the first to admit that I would not have picked the Minnesota Vikings to have the best record in the National Football Conference, or the Oakland Raiders to have the best record in the American Football Conference but there they are, leading their respective conferences.

Although it's too early for my NFL playoff picks I will say this, I'm not sure either team is a lock to get to the Super Bowl, even if they do get home field advantage in the playoffs. Of the two teams, the Raiders are more likely to make it to Tampa Bay because it is a more complete team. The Vikings will have to improve its defense if it hopes to make it to Tampa Bay; more on this later.

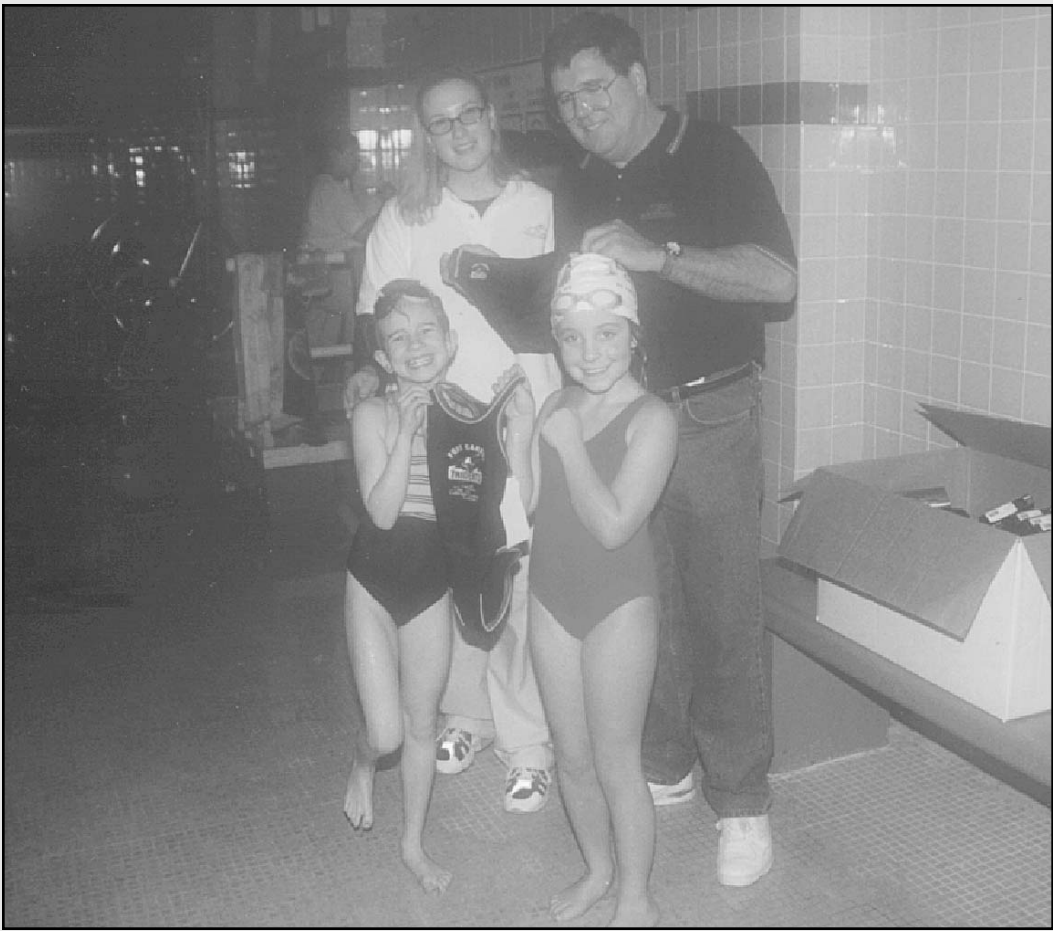


Photo by Walt Johnson

Tridents change suits ...

Fort Carson Tridents swimming team Head Coach Pat Burch, far right, and Deanna Kerl of the Colorado Running Company, left, and two members of the Trident swimming team look over the new uniforms provided to the Tridents by the Colorado Running Company owned by Jeff Tarbert. The locally owned and operated running team said it made the donations "because it wants to be involved in the community at Fort Carson much the same way we do the running team," said John O'Neill, Colorado Running Company.

Pigskin
Picks

College/NFL Week 15



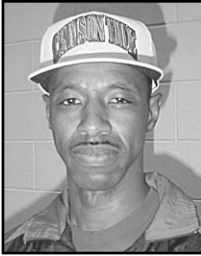
John Berlin
HHT 1/3 ACR



Corrine Ganacias
Family member



Thomas Schawe
32nd Transportation



Dudley Stone
HHB 3/29 FA

Carolina at Kansas City	Carolina	Carolina	Carolina	Kansas City
New England at Chicago	New England	Chicago	New England	New England
Detroit at Green Bay	Green Bay	Green Bay	Green Bay	Green Bay
Cincinnati at Tennessee	Tennessee	Tennessee	Tennessee	Tennessee
Arizona at Jacksonville	Jacksonville	Jacksonville	Jacksonville	Jacksonville
Philadelphia at Cleveland	Philadelphia	Philadelphia	Philadelphia	Philadelphia
San Diego at Baltimore	Baltimore	San Diego	Baltimore	Baltimore
Pittsburgh at N.Y. Giants	Pittsburgh	N.Y. Giants	N.Y. Giants	N.Y. Giants
Tampa Bay at Miami	Miami	Tampa Bay	Miami	Miami
New Orleans at San Francisco	New Orleans	San Francisco	New Orleans	New Orleans
Seattle at Denver	Denver	Denver	Denver	Denver
Minnesota at St. Louis	Minnesota	St. Louis	Minnesota	Minnesota
Washington at Dallas	Washington	Washington	Washington	Washington
N.Y. Jets at Oakland	Oakland	Oakland	Oakland	Oakland
Buffalo at Indianapolis	Buffalo	Indianapolis	Indianapolis	Buffalo
Oklahoma vs Florida State (national title)	Oklahoma	Oklahoma	Florida State	Florida State

Mountaineer Sports Spotlight



Photo by Walt Johnson

A young man earns a weighty medal ...

Fort Carson Youth Center Physical Fitness Coordinator Kathy Rawson, left, presents a medal to Nathaniel Fishburne in recognition of his lifting 332,395 pounds in Rawson's weight training program for youths this year.

BROADMOOR HOTEL READY FOR HOLIDAYS



Photo by Nel Lampe

The path over the bridge and around the lake at the Broadmoor is popular with local citizens and guests alike during any time of year.

by Nel Lampe
Mountaineer staff
 The Broadmoor Hotel is well known throughout the world — visitors come from everywhere for conventions, rounds of golf, to enjoy the spa, the hotel's ambiance or to dine in the fine restaurants.

Indeed, the Broadmoor has been awarded the Mobil five-star award for 40 straight years.

Those of us who live nearby may not be able to afford to participate in some of the activities available at a five-star hotel, but the ambiance is there for all of us; and some restaurants are affordable or appropriate for a special occasion. Jackets for men and appropriate dress for women is required in some of the restaurants. Resort casual is the dress code for the rest of the hotel.

Lunch is affordable in the Tavern - a room with dark wood paneling and decorated with posters by the French artist, Henri Toulouse-Lautrec. The Tavern features a live band and dancing each evening from 8 p.m. weekdays except Mondays, and 8:30 p.m. on weekends.

The Garden Room, next to the Tavern, has glass walls and ceiling, decorated with trees and plants and is a popular place for lunch. Both the Tavern and the Garden Room are open for lunch from 11 a.m. until 5 p.m., serving from the dinner menu from 5 to 11 p.m. daily.

The main hotel also has an expresso shop which serves pastries from the hotel's bakery, lunch items, a selection of coffees ice cream treats and desserts.

Two more hotels have been added to the original resort hotel: Broadmoor South, which has a penthouse restaurant with great views of the city; and Broadmoor West, which contains a nightclub, a gourmet restaurant — Charles Court — and Café Julie which serves a light menu during the day.

A pedestrian bridge over the lake connects the main hotel with Broadmoor West. Guests and local citizens take power walks or leisurely strolls around the lake and over the bridge.

A stroll through the lobby can be a lesson in local history through the historic photographs on display, depicting the construction of the Broadmoor hotel, its history and information about its owners.

The hotel's founder's collection of wine bottles is in glass-



Photo by Nel Lampe

A decorated tree, wreath and fireplace create a warm holiday atmosphere.

fronted cabinets in the hallways near the theater. The small theater usually has a recent movie with one showing each evening at 7 p.m. During the holiday season the showing of films is suspended and the Simpich puppet show is in the theater.

The hotel's well tended gardens, gigantic trees, hanging flower baskets and lake with swimming ducks and swans makes a summer visit memorable. But perhaps the winter holiday season is the Broadmoor Hotel's most spectacular.

Thousands of white lights decorate the trees in front of the hotel and those circling the lake between the main Broadmoor Hotel and Broadmoor West. Try to find time to see the hotel and grounds in its holiday décor, and while there, check out some of the huge man-



Photo by Nel Lampe

The trees around the Broadmoor Hotel are strung with lights and a large wreath decorates the front of the 1918 hotel.

Fort Carson



A pull-out section for the Fort Carson community

December 8, 2000

See Hotel, Page B-2

Hotel

From Page B-1

sions near the hotel which are usually elegantly decorated.

The hotel interior is also lavishly decorated with lights, decorated trees and poinsettias. A gingerbread village, guarded by two larger than life toy soldiers is displayed in the terrace area.

Originally, the Broadmoor area was The Willcox Dairy, and was purchased by Count James Portales of Prussia in 1885. He thought he'd apply German agricultural methods to make the dairy successful. Portales tried to promote other projects in the Broadmoor area, and built a casino, a small hotel and created a lake which is behind the original hotel in the 1890s.

Spencer Penrose, known as "Spec," acquired the Broadmoor property and built the Broadmoor Hotel to be permanent and perfect. He hired a New York architect — who had designed New York City's Central Station — to design the hotel. Built in Italian Renaissance style, the hotel was patterned like a European resort. It had almost every convenience a guest could want at its opening in 1918.

Penrose had arrived in Colorado Springs in 1892, penniless. Coming from a well to do family in Philadelphia, Penrose had spent his share of the family fortune on adventures throughout the world.

Penrose linked up in Colorado Springs with a boyhood friend, Charles Tutt, who was involved

in some business ventures. He offered Penrose a job, and soon the two were highly successful in real estate and mining ventures.

Penrose owned a part interest in the Cash-on-Delivery gold mine in the Cripple Creek Mining District. When the miners leasing the mine hit gold, Penrose and Tutt shared the profits, later selling the mine for a substantial sum. Penrose invested in gold refining mills in Colorado City and Canon City, and later Penrose invested in copper mines in Arizona and Utah.

Since the original hotel was built, Penrose continued to add amenities for the guests; championship golf courses, a ski resort, swimming pools, tennis courts, and a riding academy, which later became an ice arena for the Broadmoor Skating Club.

Penrose built the Cheyenne Mountain Highway and a memorial to Will Rogers, located above the zoo. The Cheyenne Mountain Zoo was started with animals from his personal collection, and he personally obtained the antique carousel for the zoo. Penrose started the annual race up Pikes Peak.

Playboy Penrose finally abandoned bachelorhood when in his early 40s, and married a widow, Julie Villiers Lewis McMillan, whom he met in Colorado Springs. She was the daughter of a former Detroit mayor and the great granddaughter of one of the founders of Detroit.

The Penroses were active in cultural and educational activities in their community. The Fine Arts Center is located on the site of their former home.

The Penrose House at Turkey Creek Recreation Area once belonged to Spencer Penrose.

Several buildings in Colorado Springs bear the Penrose name: the library, two hospitals, an elementary school, and the rodeo arena. Penrose left much of his fortune to the El Pomar Foundation which he endowed before his death. The foundation has given millions of dollars to many causes and local and state-wide charitable, religious and educational institutions.

The public is welcome to use the Broadmoor facilities, other than the private pools and the golf club and golf courses.

A large convention facility, the International Center, is across the street from the main hotel. The International Center is used for conventions and large events, such as the annual Armed Forces Day Luncheon. At the back of the International Center, accessed from the parking lot, is a popu-



Photo by Nel Lampe

A Poinsettia "tree" is in the second floor lobby near the ballroom.

lar 18th century English-style Pub, serving yards of ale accompanied by honk-tonk piano and sing-alongs each evening. The "Bee" is also open for lunch — without the music.

Across the street from the hotel and the International Center is another Penrose creation — the El Pomar Carriage House. The Carriage House is home to a collection of cars and carriages which belonged to Penrose. When his collection became too large for his Broadmoor area home, Penrose had the Carriage House built.

Entrance to the collection is free, and a volunteer conducts tours. The Carriage House is open Fridays and Saturdays during the winter, from 10 a.m. until 5 p.m.

Plans are underway for remodeling at the Broadmoor. A new swimming pool is being built and the main hotel will be closed next year for remodeling, so now is a good time to see the hotel in the style it has been for the past 82 years.

The Broadmoor Hotel is reached by taking Highway 115 north to the Broadmoor Exit to Lake Avenue, heading west. Lake Avenue dead ends in front of the main hotel, or take a right and follow signs to Broadmoor West or to reach Cheyenne Mountain Zoo and the Will Rogers Shrine.

There are several free parking lots on the hotel grounds and on the streets near the hotel, but parking is scarce when a large event takes place in the hotel or International Center.



Photo by Nel Lampe

A winter village scene, created in gingerbread, is displayed on the second floor of the hotel.



Photo by Sgt. Bryan Beach

The holiday season at the Broadmoor Hotel is almost a fairyland of white lights.

Just the Facts

- **Travel time** 15 minutes
- **For ages** all
- **Type** Resort hotel
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free entry

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

(Based on a family of four)

Community Service offers a monthly "Understanding the Immigration Process" on the first Monday of the month from 11 a.m. to 12 p.m. Attendees will receive information on the immigration process and the effect of station orders have on the timing for immediate and preference relatives and friends in applying for visitor visa into the United States. For more information, call Joe Camacho at 526-4590.

Community Service, building 1526, will be open from Dec. 25 for Christmas and Dec. 26 for a New Year's Eve party. For emergency assistance during the holidays, call the Emergency Operations Center at 526-4590.

Financial Readiness Center presents a Financial Readiness Class for first-term soldiers from 9 a.m. to 11 a.m. Jan. 26 at McMahon Theater. The class provides financial readiness education. For more information, call 526-4590.

Financial Readiness Debt Management is available to help active duty, family members and Department of Defense civil servants with financial problems. For registration and more information, call 526-0449.

Miscellaneous

Pikes Peak Engineers model railroad club open house Saturday and Sunday. The club will have N scale trains covering a variety of model trains with a general focus on the Colorado area. Open from 10 a.m. to 4 p.m. Saturday, and noon to 4 p.m. Sunday. The club is located at 3645 Academy Blvd., Suite 108, one block west of Academy Blvd. and two blocks south of Austin Bluffs. Free admission, but donations are appreciated.

United States Army is accepting applications for food, toys and shoe certification until Dec. 15. The center is located at 615 N. Chelton Rd. It is open Monday through Friday from 9 a.m. to 5 p.m., except Thursdays, when it is open from 9 a.m. to 6 p.m. To apply, bring a photo ID and a list of each member of your family. For more information, call 636-3891, extension 13.

"Laser Light Show and Concert" at McMahon Theater Saturday at 2 p.m. and Sunday at 1 p.m. The show benefits Colorado Care and

Fort Carson Commissary will be open from 8 a.m. to 10 a.m. There will be no early opening scheduled on these days. The commissary will be open at 3 p.m. Dec. 24 and at 8:30 p.m. Dec. 25. For more information, call 526-5644.

Christmas Trees are now on sale at the Fort Carson

Christmas party with pizza and drinks.

The Fort Carson Officers' Wives' Charitable Association is renting Santa suits through Dec. 23. There are two suits available for \$15 each. They will also hold a "Tour of Homes" function Thursday after the St. Nick's Tea which starts at 4:30 p.m. at the Elkhorn Conference Center. St. Nick's Tea culminates the drive which helps to collect presents for children through child sponsorship. For more information on the function or tea, call 390-6368 or 527-4214. For more information on the suits call 226-1575.

The Fort Carson Post Exchange will have a Driving Under the Influence Prevention booth today from 11 a.m. to 3 p.m. and a DUI simulator Dec. 15 from 9 a.m. to 3 p.m. For more information call the Alcohol and Drug Control Office at 526-2181.

Volunteers, ages 16 and older, are needed for the Children's Literacy Center to provide one-on-one tutoring in reading to first, second and third graders. To volunteer, or for more information, call 471-8672.

McMahon Theater will sponsor Driving Under the Influence classes Tuesday and Wednesday from 9 to 11:30 a.m. and 1 to 3:30 p.m. in recognition of National Drunk and Drugged Driving Prevention Month. For more information, call 526-2181.

Students and their parents are invited to attend an information meeting designed to assist high school students interested in applying to a service academy or for a college scholarship through the ROTC program. There will be a meeting Dec. 27 in Pueblo from 6:30 to 9 p.m. at the Retired Enlisted Association building, at 3913 Sadalwood St. For more information, call (719) 784-6729.

The Directorate of Resource Management will conduct a sealed bid zone sale Dec. 28. Bids will begin at 7:30 a.m. until 4 p.m. Items being offered include computer equipment, office supplies and much more. For more information, call 526-9684.

The Colorado Self-Help and Resource Exchange is a program designed to offset the cost of food in the Colorado Springs area. For every two hours of time volunteers give, they can purchase a food package for \$15, which is usually worth between \$25 and \$50. For more information, call 526-4590.

The American Red Cross, Pikes Peak Chapter, has announced class dates for health and safety services courses. They are:

- Community CPR: Tuesday and Thursday.
- First Aid and CPR Challenge: Dec. 16.
- Community First Aid and Safety: Monday and Wednesday.
- Babysitter's Training: Saturday, Dec. 16, 28 and 29.

...solving for single parents Tuesdays at 10 a.m. in building 1526. Group discussions are held for divorce recovery, remarriage, money management, stress, massage therapy and more. Free pizza are available. For more information, call 526-4590.

Volkswagen owners — The following group has been established to rally all Volkswagen owners for friendship and conversation: Wednesday, Dec. 24, 10 a.m. to 1 p.m. at the Fort Carson Burger King.

Individuals who wish to volunteer in the database for the local VW database can submit a request with personal e-mail address at any meeting. For more information and dates, call Commander Everett Coppock or Spc. John Gladder at 526-4590.

Child and Youth Services currently are accepting applications for Family Child Care Providers. Providers are needed both on- and off-post. Free training and care during training classes; a free start-up kit and use of toys/equipment from the lending library will be provided. An orientation class is conducted the first Friday of each month at 1 p.m. at the Child and Youth Services, building 5510, on Harrison Blvd. If interested, call the Family Child Care Coordinator at 526-3338.

The Cheyenne Mountain School District is looking for workers to fill cook and service positions. For more information, call 686-2036.

Annual leave donors are needed for Marcella Ann Orr, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for Cellars, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for Pipken, an employee of Medical Department Activity. The leave is needed to cover her absence due to the exhaustion of her available paid leave. For more information, call 526-7246.

Annual leave donors are needed for Bobo, an employee of Department of Engineering and Compliance and Management. The leave is needed to cover his absence due to the exhaustion of his available paid leave. For more information, call 526-7246.

Youth

The YMCA downtown will host a Christmas Cream Shoppe Sunday from 1 to 2:30 p.m.

Advocate General's office will be
at 10 a.m. for its annual Christmas
information, call Sgt. Sharon Tongol
Sgt. 1st Class Ramon Madera at 526-

ay schedule for range division and
Maneuver Site has been posted.
division is closed from Dec. 22 at 4 p.m.
at 5 a.m. It will close again Dec. 29 at 4
e-open until Jan. 2 at 5 a.m.
yon Maneuver Site will be closed from
2. It will re-open at 6:30 a.m. Jan. 3.
information, call 526-5597.

ard/DEERS section will be closed
n. 2 for installation training holidays.
information, call 524-3704.

forces briefings are held Wednesdays
and Thursdays at 1:30 and 3:30 p.m.
ry. You can apply for SF training as a
ss, but cannot begin training until you
r more information, call 524-1461 or

Family Action Plan Conference is
and Dec. 15 at the Elkhorn Conference
re information, or to volunteer to be a
526-0461.

and Air Force Exchange Service, in
th the Navy Exchange System, has

Opportunities for Single Soldiers
meetings are on the second and fourth
each month from 1 to 3 p.m. at
. For more information on how you
active in the BOSS program, partici-
s or if you have ideas, concerns or
ntact Spc. Amy Hafford at 524-BOSS

s for the U.S. Army Soldier Show
1 to 17 at McMahon Theater. Those
dition need to bring their own equip-
tumes. To sign up for an audition call
ooks at 526-3277 from 9:30 a.m. to
p.m. 4 p.m. Monday, Tuesday,
nd Friday; before Dec. 21.

Jan. 15. For more information call Danny Moyer at
526-5115 or 526-9222.

Attention Korean War Veterans. If you would
like to receive the Korean War Service Medal, and
you served in the military between June 25, 1950 and
July 27, 1953, you may receive this medal at a formal
ceremony sponsored by the Dutch Nelson Chapter of
the Korean War Veterans Association, and the
Korean/American Society of Colorado Springs. For
more information, call the Dutch Nelson Chapter's
point of contact, Scott L. Dafebaugh at 444-0399.

The Army Career and Alumni Program will
hold bake sales Mondays, Tuesdays and Wednesdays
through Dec. 20 from 7:30 to noon and 1 to 4 p.m.
Proceeds will be donated to the Fort Carson Food
Pantry.

Army license plate — An effort is under way to
bring a U.S. Army license plate to Colorado drivers
who are serving in the active Army, U.S. Army
Reserves, Army National Guard, or anyone who has
retired from these organizations. Currently there are
plates for other services, but not the Army.

The Colorado Springs Special Interest U.S. Army
license plate, which is in the design stages now, will
not be produced unless 250 people commit to buying
the plates. Those interested in purchasing the plate
need to add their names to the list in order to begin
production. There will be a one-time charge of \$35
payable at the time of the registration of each vehicle
receiving the plates. Applications for the plates
should be in by March. If approved, the plates will be
issued starting Jan. 2002, at the time of renewal.

Persons willing to commit to purchasing the
plates in 2002 need to send their name, address,
county where they reside and number of sets they
will be purchasing to: Richard G. Wake, Sgt. Maj.
(retired); 9790 Melody Drive; Northglenn, CO
80260. Phone (303) 451-0084; E-mail:
mopo@uswest.net.

Here's a chance for career civilians to become
more valuable to your organization and the Army.
Join the team of future leaders who are graduates of
the Army Management Staff College. Eligible are:
centrally funded DA civilians, GS 12-14s, with high
potential and desire to make a difference (GS-11s
may apply by exception).

The next class is in May — slots go fast. Take a
few minutes to apply now on-line for the Sustaining
Base Leadership and Management Program.

The Armed Services YMCA offers step aerobics
classes Tuesdays and Thursdays at the Meadows Park
Center from 9:30 to 10:30 a.m. The cost is \$6 for a
two-month session. The Deerfield Center offers low

phone features to your existing service,
from the local phone company service.
a \$200 weekly drawing for six weeks. For
information visit the Barracks Phone Center
1851, Porter St., or call the on-site repre
579-7462.

The Used Car Sales Lot has been
Mini Mall parking lot. Parking is restr
motorcycles, cars and pick-up trucks v
Fort Carson permits. Permits are issued
\$10 for a 30-day period. For more infor
524-1146.

The 18th Annual All-Service Acad
scheduled for Dec. 29 at the Colorado S
Wyndham Hotel. This event is open to
of the four service academies. Tickets a
person and include dinner and dancing.

The Army Career and Alumni Pr
now has set times for clearing. Monday
Wednesday, 7:30 to 9 a.m. and 3:30 to 4
Thursday 9 to 10 a.m. and 3:30 to 4:30
7:30 to 9 a.m. and 1 to 2:30 p.m. If you
tions, call 526-1002 or 526-0640, or vis
site www.carson.army.mil/ACAP/acap.l

The Sergeant Audie Murphy Clu
dar is as follows:

All meetings are held monthly on th
Wednesday of the month at 11:30 a.m.
Mountain Post Wellness Center on the s
conference room in the Family Readine

Induction ceremonies and rehearsals
McMahon Theater. All other events are
the main conference room of building 1
information, call 526-2409 or 526-3887

Reminder to all outprocessing sol
sonnel are required to begin outprocess
lation 30 days prior to the date on the o
less of marital status or unit obligations
Carson Outprocessing Center is located
floor of the Welcome Center, building 1
information call 526-4462.

Editor's note: The deadline for sub
"Briefs" to the Mountaineer is 5 p.m. F
publication date.

Chaplains Fund. For more information,
Fort Carson Youth Sports needs v
coaches for several upcoming sports s



ater include "Big Bad Voodoo"
7 and "Porgy and Bess" Feb. 25.
available at 333-4497, and prices start at

Theater

and the Amazing Technicolor Dream
rough Dec. 17. Performances are at 8
s through Saturdays and 2 p.m.
e Colorado Springs Fine Arts Center
Dale St. Tickets start at \$2; call the
334-5583.

of the Heart," by the Star Bar Players
ugh Sunday at the Lon Chaney Theater
ditorium, 221 E. Kiowa St.

are at 8 p.m. Friday and Saturday, and
i. Tickets start at \$10, call 473-7411.

is performed in the Smokebrush
s. Nevada, through Dec. 17.

are at 7 p.m. Wednesdays and
p.m. Fridays and Saturdays, and 2 p.m.
ets start at \$5; call 444-0884.

Saw Another Butterfly" is at the Pikes
nity College main campus, through Dec.
several performances. Call 540-7418
n and tickets, which start at \$5.

h Falls holiday lighting

lights up for the holidays and is open
m. Dec. 18 to 29 (except for Christmas
by cash donation — \$2 per person is
t chocolate and cider may be purchased
ar.

ictorian Christmas

Castle Museum celebrates Christmas
yle. Saturday and Sunday, starting at
e's entertainment and free
The Castle is at 9 Capitol Hill Ave., in
gs and admission is \$4 for adults and
ages 6 to 11; those under 5 are
Call 685-1011 for information.

mas at McAllister House

McAllister House Museum, 423 N. Cascade,
as tours at 10 a.m. and 3 p.m.
Dec. 16. Admission is \$6 for adults and
n.

"A Christmas Carol" runs through Dec. 23 at
the Aurora Fox Theater, 9900 E. Colfax. Tickets start
at \$9, call (303) 361-2910.

"Cinderella" is at the Town Hall Arts Center in
Littleton, 2450 SW Main St. Call (303) 794-2787 for
tickets. "Cinderella" runs through Dec. 17.

"Joseph and the Amazing Technicolor
Dreamcoat" is in Arvada Center for the Arts, Tuesday
through Jan. 7. Call (303) 431-3939 for ticket
information.

"Annie Get Your Gun," starring Marilu Henner
and Tom Wopat, runs Jan. 9 through 23 at the Buell
Theatre. Tickets start at \$15, call TicketMaster at
520-9090.

"Annie" is at Denver's Buell Theatre Jan. 5 to 7.
Tickets are available at (800) 641-1222.

Madrigal dinner

The Rosemount Victorian Museum in Pueblo
presents a traditional madrigal dinner today,
Saturday, Sunday, and Dec. 12, 13 and 14 at the
Carriage House Restaurant. Tickets start at \$30.
Dinner is at 7 p.m., followed by the Damon Runyon
Repertory Theater production. Call (719) 545-5290
for tickets.

Festival of Lights

Royal Gorge Bridge invites visitors to enjoy
thousands of lights decorating the park Wednesday
through Dec. 16, as well as special entertainment in
the Plaza Theater. Admission is free between 5 and 8
p.m., with a donation of non-perishable food.

Holiday Lights

Learn about **winter holiday customs** from
cultures around the world at the "Holiday Lights"
display at the Fine Arts Center. Admission is charged
except Saturdays. The Fine Arts Center is at 30 W.
Dale St.

Family activities

Family Activity Days at the Colorado Springs
Fine Arts Center are Saturday from 1 to 3 p.m.
Activities are for the whole family and there is no
entry fee. Family Activity Day is also Dec. 16, from 1
to 3 p.m. Visitors may enjoy the Holiday Lights
display free on those days.

Trolley rides

Old Colorado City has trolley rid
from the Pioneer Building in Bancroft
Saturday till Christmas. Santa will be a
have his picture made for a small charge.

Yule Log hunt

For many years Palmer Lake has ha
Log Hunt" and ceremony which begin
Dec. 17 at the Palmer Lake Town Hall.
2572 for more information about the fr
Palmer Lake is north of the Air Force A
Interstate 25.

Rock Ledge Ranch

"Twilight Frontier Christmas" at
Ranch features wagon rides, lantern tou
refreshments, from 4 to 8 p.m. Dec. 16
Entrance is \$5 for adults and \$1 for chi
ranch is next to the entrance to the Gar
Gods on 30th St. Call 578-6777 for info

University theatre

"A Christmas Carol" is presented
Works at the University of Colorado at
Springs Dec. 20 through 24 at 7:30 p.m.
through Sunday. There's a 4 p.m. perfor
Sunday. Tickets are \$15; call 577-5747.

Repertory Theatre

Charles Dickens' **"Scrooge"** is set
Friday and Dec. 16 at 7:30 p.m., and a
matinee Dec. 17 performed by Damon
Repertory Theatre Co. "The Sound of S
a modern Christmas fable, will also be
Community College's Occhiato Theater
tickets are \$7; call (719) 295-1040. The
900 W. Orman Ave. in Pueblo.

Nutcracker

"Nutcracker," the musical, perform
Carson's children, is set for McMahon
p.m. Saturday and Sunday. Tickets are \$
and \$2 for students and senior citizens.
under 5 are admitted free. Tickets are a

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SATURDAY	SUNDAY	MONDAY	Tuesday	WEDNESDAY	THURSDAY
U 571	Pitch Black	Final Destination	The Patriot	11SSW	11STG
11SRR	11SSD	11SSM	11SSW	1:30 AM	11STQ
12:30 AM	2:30 AM	2:00 AM	Mission to Mars	U 571	2:30 AM
Mission to Mars	U 571	The Patriot	11SSX	11STH	Rules of
11SRS	11SSE	11SSN	5:00 AM	Rules of	Engagement
4:30 AM	4:30 AM	4:00 AM	Where the Heart	Engagement	11STR
Pitch Black	South Park	U 571	Is	11STI	4:30 AM
11SRT	Holiday Special	11SSO	11SSY	8:30 AM	High Fidelity
4:30 AM	11SSF	8:00 AM	8:00 AM	Love and	11STS
28 Days	7:00 AM	Viva Rock	The Skulls	Basketball	8:30 AM
11SRU	English Premier	11SSP	11SSZ	11STJ	Mission to Mars
7:00 AM	Soccer League	10:00 AM	10:00 AM	11:00 AM	11STT
The Skulls	11SSG	Ready to	High Fidelity	Rules of	10:30 AM
11SRV	9:00 AM	Rumble	11STA	Engagement	Where the Heart Is
9:00 AM	11SSQ	11SSQ	12:00 PM	11STK	11STU
High Fidelity	The Patriot	11:30 AM	Final Destination	11STL	12:30 PM
11SRW	11SSH	WWF FANatix:	11STB	High Fidelity	Love & Basketball
11:00 AM	11:30 AM	The Three	2:00 PM	11STL	11STV
Pitch Black	Viva Rock	Faces of Foley	Pitch Black	4:00 PM	2:30 PM
11SRX	Vegas	11SSR	11STC	WWF FANatix:	The Patriot
1:00 PM	11SSI	1:30 PM	4:00 PM	The Three	11STW
Mission to Mars	2:30 PM	The Patriot	WWF	Faces of Foley	
11SRY		11SSS	Armageddon		
3:00 PM					

W W
Armageddon
DON'T MISS



Program schedule for Fort Carson cable Channel 10, today to Dec. 15.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. Aired at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on World War II Memorial groundbreaking, Japanese American Memorial dedication and the Austrian mountain train accident. Aired at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on John Levitow and the flying chaplain of Minot Air Force Base, N.D. Aired at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: Special Marine Corps birthday edition. Aired at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Community Calendar airs between program showing times. Also showing is a show on the

week prior to publication.

If you have ideas for Mountain Post contact 1st Lt. Nadia Calderolli at 526-1253 or 562-2941, or email Nadia.Calderolli@carson.army.mil.

If you wish to have a training video on Channel 9 only, contact the Regional Support Center at 526-5111.

For additions to the Community Calendar please submit a clean, typewritten copy to the Public Affairs Office, room 1550, building 1550, Fort Carson, CO 80913-526-1021 no later than the Friday before time.

Mountain Post Magazine is now shown on Adelphia cable channel 13 or WANT-TV Monday at 2:15 p.m., Thursday at 4:15 p.m. and Saturday at 10:15 a.m.

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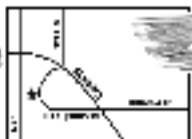
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